

Pizza

MyPlate Pizza

Whole Grain Crust + Sauce + Healthy Toppings



WHOLE GRAIN CRUST

Make your own, buy pizza dough, pre-made crust or make personal pizzas with tortillas, English Muffins, or pita bread.

Sauce: Go light on the sauce, too much makes a soggy pizza.

1. Tomato sauce
2. Pesto
3. Salsa
4. Hummus
5. Refried beans
6. BBQ Sauce
7. Alfredo sauce
8. Ranch dressing
9. Hoisin sauce
10. Thai peanut sauce

VEGETABLES & FRUITS

Drain well and pat dry before adding to pizza.
Add these before pizza is cooked.

- Artichoke hearts
- Banana peppers
- Diced or Cherry tomatoes
- Grilled eggplant
- Olives
- Onions (red, white or green)
- Red and green bell peppers
- Shredded carrots
- Spinach
- Sun-dried tomatoes (diced)
- Apples
- Pears
- Pineapple

Add these after pizza is cooked:

- Arugula
- Avocado
- Chopped cilantro or basil
- Cucumbers
- Shredded lettuce

PROTEINS

Proteins should be pre-cooked, drained and cooled before adding to pizza.

- Grilled chicken
- Ground beef or Italian sausage (cooked)
- Ham
- White or Black beans
- Turkey pepperoni, bacon or sausage
- Baby shrimp (cooked)
- Canned tuna or salmon
- Firm tofu cubes

LOW-FAT DAIRY

Use cold cheese to prevent cheese from over cooking and possibly burning.

- Mozzarella
- Cheddar jack
- Feta Cheese
- Swiss
- Gouda

MyPlate Pizza Ideas

- Tomato sauce, Pepperoni, Peppers and Mozzarella
- Shredded chicken, Hoisin sauce, Cucumbers and Green Onions
- Tofu, shredded carrots, mushrooms, bean sprouts and Thai peanut sauce.
- Sliced apples, cherry tomatoes and cheddar jack cheese.
- Spinach, Sun-dried tomatoes, Baby shrimp and Feta cheese.
- Grilled chicken, Pineapple, Mozzarella and BBQ sauce
- Pesto Sauce, Olives, Diced tomato, Feta cheese and Arugula

Cooking Tips

- Keep the oven HOT. Preheat and cook pizza at 450-500 degrees.
- Don't overload on the toppings. It can make the pizza slice too heavy to pick up or soggy.
- Baking time for pizza is about 15 minutes.

