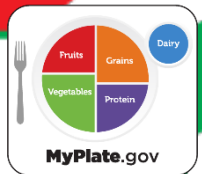




# MyPlate Pizza

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

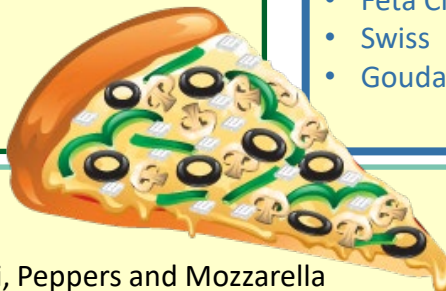
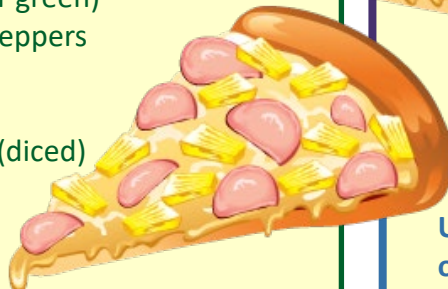
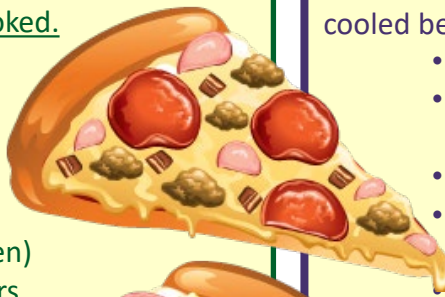
## VEGETABLES & FRUITS

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

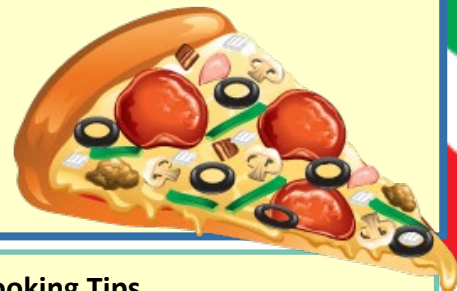
Proteins should be pre-cooked, drained and cooled before adding to pizza.

- 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.