Create a Pizza

# Create a delicious pizza from simple foods. Just choose an item from each category and follow the directions. Use your imagination! Each meal serves 4 adults.

## Step 1: Choose or prepare a crust from the list below:

1. Homemade whole-wheat pizza crust using the last recipe in this handout
2. Flour tortilla
3. Flat bread
4. Pita bread
5. English muffin
6. Bagel
7. French bread

## Step 2: Choose a sauce from the following list:

1. Tomato paste thinned with water or tomato sauce. Add basil, oregano, and pepper.
2. Refried beans or bean dip
3. Barbeque sauce
4. Sweet chili sauce (found in the Asian aisle of the grocery store)
5. Peanut sauce made from peanut butter thinned with hot water. Add in soy sauce, sugar, garlic and crushed red pepper.
6. Hummus
7. Salsa

## Step 3: Choose flavors from the following list:

1. 1-2 teaspoons dried herbs such as
   1. Oregano
   2. Basil
   3. Cumin
   4. Chili powder
   5. Ginger
   6. Soy sauce
   7. Garlic
   8. Crushed red pepper
   9. Salt and pepper to taste

## Step 4: Choose toppings from the following list:

1. Tomato
2. Spinach
3. Onion
4. Green pepper
5. Red pepper
6. Jalapeno
7. Mushrooms
8. Banana pepper
9. Olives
10. Avocado
11. Corn
12. Squash
13. Carrot
14. Pineapple
15. Dried cranberries
16. Broccoli
17. Eggplant
18. Chicken
19. Ham
20. Ground beef
21. Sausage
22. Cheese

## Step 5: Make the pizza using the following directions:

1. Prepare homemade crust (if using a homemade crust). Set aside to rise.
2. Preheat oven to 425 degrees Fahrenheit.
3. Prepare sauce and toppings.
4. Spray baking pan or pizza pan with cooking spray.
5. Roll out homemade crust or prepare store bought crust and place it on your pan.
6. Top with sauce and toppings.
7. Bake approximately 10-12 minutes. Until the crust is cooked, and the sauce is bubbly.

# Pizza Recipes

### A pantry that has whole foods will help you create great tasting homemade pizzas like these!

Mexican Spicy Bean Pizza

* 1 whole-wheat pizza crust
* 1 6-ounce can tomato paste
* ½ to 1 15-ounce can refried beans
* 1 cup frozen corn, thawed
* ¾ cup sliced bell pepper
* ¼ cup thinly sliced red onion
* ½ cup grated Monterey jack cheese (optional)
* ½ teaspoon red pepper flakes (optional)
* ¼ cup chopped fresh cilantro
* ¼ cup mango

Directions:

1. Preheat oven to 425 degrees Fahrenheit.
2. Put pizza crust on a baking sheet or pizza pan.
3. Spread tomato paste and refried bean over the crust.
4. Arrange the corn, bell pepper, and the onion over the beans.
5. Sprinkle with cheese and red pepper flakes.
6. Bake for 15 minutes or until hot and bubbly.
7. Garnish with fresh cilantro and mango.

Yield: 4 servings

Caramelized Onion and Mushroom Pizza

* 1 small yellow onion, halved and thinly sliced
* 1 teaspoon olive oil
* ¼ cup water or broth
* Pinch of sugar
* 1 teaspoon balsamic vinegar
* 2 large whole wheat flour tortillas or flat bread
* Cooking spray
* ¼ cup shredded parmesan cheese (optional)
* 6-8 button mushrooms, thinly sliced
* Salt and pepper to taste

Directions:

1. Preheat oven to 450 degrees Fahrenheit.
2. Cook the sliced onions in olive oil and a little bit of water or broth.
3. Cook for 30 minutes or more, stirring occasionally. Cook until the onions reach a dark brown color. Add water in small amounts as needed to keep onions from burning.
4. Add a pinch of sugar and the balsamic vinegar. Cook a few more minutes and remove from heat.
5. Line a baking sheet with parchment paper and spray with cooking spray.
6. Place tortillas or flatbread on baking sheet and lightly spray each one with cooking spray.
7. Sprinkle each tortilla with cheese, mushrooms, caramelized onions, salt and pepper.
8. Bake until the crust is crisp and brown, 5-10 minutes.

Yield: 2 servings

Whole Wheat Pizza Dough

* 2 cups whole-wheat flour
* 1 ½ tablespoons yeast
* 1 teaspoon salt
* 1 ½ teaspoons sugar
* ¾ - 1 ¼ cups warm water
* 1 teaspoon canola oil (optional)

Directions:

1. Mix dry ingredients in a bowl.
2. Add water and oil and mix well.
3. Take dough out of the bowl and knead a few times.
4. Form dough into a ball.
5. Cover the dough with a clean towel. Let the dough rise for 10 minutes.
6. Roll out into a pizza shape.
7. Cover with your favorite toppings.

## Changing the taste

You can change the taste of basic ingredients in your dish simply by changing the herbs and spices you use. Try using these herbs and spices to get these flavors:

* Mexican using cumin, oregano, chili powder, cilantro and garlic.
* Italian using basil, oregano, parsley, and garlic.
* Asian using soy sauce, ginger, garlic, chilies, and turmeric.
* Savory/Thanksgiving using rosemary, sage, thyme, and parsley.

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