

Nutrition Corner Pizza Edition:

Coronavirus has hit our restaurants hard and I always encourage supporting our local restaurants by visiting often. However, this week I have a GREAT recipe for homemade pizza dough. I have been using this recipe for such a long time that I can't remember where it came from! Choosing whole wheat pizza crust doesn't save you many calories, but it will give your pizza a few more nutrients and fiber vs traditional white dough. Sometimes whole wheat products can be very heavy and over bearing. While this recipe it's necessarily thin crust material, it also isn't as hearty. I think it's the perfect combination of the two.

This week's recipes can be modified to your desired toppings, if you prefer. Of course, I'm going to recommend uncured pepperoni, turkey sausage (if selecting sausage), part skim, low moisture mozzarella cheese and load it with veggies! For the traditional pizza, if you are short on time you can use prepared sauce, just keep an eye on the sodium content as it can be high.

For vegetable toppings, you can choose to roast or sauté the veggies prior to baking the pizza. But I happen to prefer the veggies on the white pizza to be al dente for a nice crunch.

For the desert pizza, it's best to eat this warm out of the oven. You can select in season fruit if you desire but, use fruit that is past its peak for baking or cooking. Save the freshest for snacking as is.

I hope you enjoy this week's recipes! As always, post pictures and comments if you make them!

Bon Appetit

~~ Chef Jen



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