



Cent\$ible Nutrition Program

Helping Families Eat better for Less

*Pizza**

Crust:

1 ⅓ cups MASTER MIX*

¼ to ⅓ cup water (approximate)

Combine MASTER MIX with enough water to make a soft dough. Knead the bowl 12 times. Roll or pat out thing on a greased cookie sheet into an 11 to 12 inch circle or a rectangle. Dough should be about ¼-inch thick. A small wooden dowel or glass makes a good rolling pin. Turn up edges of dough. Bake at 425° F for 8 to 10 minutes or until partially baked and starting to brown. Reduce heat to 375° F. Remove from oven and add topping.

Topping:

1 8 ounce can tomato sauce

1 tablespoon instant minced onion

¼ teaspoon garlic salt

¼ teaspoon oregano

¼ teaspoon basil

4 ounces cubed or shredded mozzarella cheese or processed cheese food

Grated Parmesan or Romano cheese (optional)

Mix tomato sauce, onion, and spices. Spread over partially baked crust. Sprinkle cheeses. Bake at 375° F for 15 to 20 minutes or until topping is hot and crust is brown.

Variation:

Add ½ pound of cooked, seasoned ground beef, drained, or additional toppings before adding the cheese.

**Recipe can be found in the Cent\$ible Nutrition Cookbook available for purchase. Log on to www.uwyo.edu/centsible for more information.*



TV Show

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