

Pizza Packs Nutrition and Pizzazz

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Pizza is an American favorite and can be a great fit in a healthy eating plan.

Pizza is a perfect example of several food groups from the Food Guide Pyramid combined in one meal. The crust is a grain, the tomato sauce is a vegetable, the cheese a dairy and any meat is, of course, a protein. Making pizza healthier starts with the toppings.

Boost vegetable intake by adding onions, green peppers, broccoli, jalapenos or artichoke hearts. Decrease the fat by choosing crabmeat, Canadian bacon, shrimp, lean meat or chicken. Avoiding extra cheese also helps. If you're really adventurous, you can even add exotic vegetables, pineapple chunks or barbecue sauce.

Remember, a pizza can be anything you want. So use the Food Guide Pyramid to make it healthy and enjoyable.

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Hawaiian Pineapple Pizza From Better Homes and Gardens

Makes 4-5 servings

Prep: 20 minutes

Bake: 22 minutes

Ingredients

- 1 16-ounce package hot roll mix
- 1 8-ounce can pizza sauce
- ½ pound thinly sliced fully cooked ham, cut into ½ inch strips
- 1 green sweet pepper, sliced into thin rings
- 1 20-ounce can pineapple tidbits, drained
- 1 cup shredded mozzarella cheese (4 ounces)
- 2 tablespoons grated Parmesan or Romano cheese

Directions

1. Grease a 13-inch pizza pan; set aside. Prepare hot roll mix according to package directions for pizza crust. Shape dough into a ball. On a lightly floured surface, roll dough into a circle 1 inch larger than pizza pan. Transfer dough to pizza pan. Build up edges slightly. Prick generously with a fork. Do not let rise. Bake in a 425 degree F oven for 10 to 12 minutes or until lightly browned.
2. Spread pizza sauce over hot crust. Top with ham, green sweet pepper rings, and pineapple tidbits. Sprinkle with mozzarella cheese and Parmesan or Romano cheese. Bake about 12 minutes more or until cheese melts and sauce is bubbly. Makes 4 to 5 servings.