



Your Commissary ... It's Worth the Trip!



THINKING OUTSIDE THE BOX

Veggie Pizza & Sliced Kiwi

Pizza is viewed as a healthier option than other fast food choices because the cheese on pizza provides calcium and pizza consists of most of the food groups. In the United States, pizza is the most frequent choice when it comes to a quick meal. On average, a person eats about 23 lbs. of pizza per year.

Over consumption of pizza usually results in excess intake of calories, sodium, and fat. Just 2-3 pieces of pizza have almost as many calories as the average fast food combo and 2 slices of pepperoni pizza have nearly 1,400 mg. of sodium. In fact, pizza is one of the top three leading contributors of sodium in the American diet. Let's be honest, how many of us really stop at 2 slices? Using pizza as the go-to meal too frequently may result in an expanded waistline.

This doesn't mean that pizza should be avoided. It means that pizza can be worked into a healthy meal pattern by decreasing the number of slices consumed to 1-2 and selecting lower sodium meat toppings and/or topping the pizza with lots of vegetables. When eating pizza, think of it as the side dish and savor the flavor; but, have your main entrée be lots of fruits and vegetables.

To make your pizza even healthier, make it at home so you can control the ingredients. For about the same amount of time and effort you can semi-make a more nutritious and tasty pizza at home. Most important, you don't have to worry about why the pizza delivery person is late; and, cooking meals at home is a healthy habit. Make it a family affair and have your kids be part of decorating the pizza, because this is a great way to introduce and increase acceptance of vegetables.

This featured meal starts with a premade pizza crust and sauce; and, then the pizza is topped with fresh mushrooms, canned pineapple, and just a bit of fresh basil, and served alongside fresh kiwi. If jarred pizza sauce isn't your thing, check out the notes for an easy recipe to make your own.



Directions

1. While the oven is preheating, wipe 8 - 10 fresh mushrooms with a damp paper towel to clean them; then, thinly slice.
2. When the oven comes to temperature, place the family sized (14 - 16 oz.) crust on a baking sheet and then in the oven for about 3 minutes to crisp the crust a bit.
3. Remove the crust from the oven and top it with $\frac{1}{2}$ to $\frac{3}{4}$ cup of sauce (be careful as the pan and the crust will be hot); then, top with 6 - 8 oz. of shredded mozzarella cheese.
4. Finish topping the pizza with the mushrooms and drained pineapple tidbits.
5. Bake pizza in the oven for about 8 - 10 more minutes, until the cheese is melted and the mushrooms are cooked.
6. Remove the pizza from the oven. While the pizza is cooling, peel and slice 4 kiwis.

Preheat oven to 400° F

Serves: 4

7. Cut the pizza into 4 equal portions and top each portion with a fresh basil leaf. Serve a portion of the pizza and one kiwi on each plate.

NOTES:

- To make your own sauce, mix together a 14 - 15 oz. can of tomato sauce with a 6 oz. can of paste and season, to taste, with garlic powder and dry Italian seasoning. For a chunkier sauce use drain stewed tomatoes in place of the tomato sauce.
- Use whole-wheat pizza crust to increase the nutritional value of your pizza.
- Purchase an extra crust or 2 mini crusts to use up the extra sauce and experiment with your favorite veggies for toppings.

DISCLAIMER: YOU MAY USE ANY LIKE PRODUCTS OF ANY BRAND IN MAKING THIS HEALTHY CHOICE MEAL. THE PICTURES HERE ARE NOT AN ENDORSEMENT OF THESE PRODUCTS.

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