

Food Bytes

HEALTH & NUTRITION PROGRAM, SNAP EDUCATION



October is Pizza Month

October 2015

Pizza is one of America's favorite foods. It's a great combination food typically combining meat, dairy, grains and vegetables. Since pizza can be high in calories and fat, the below *Pizza Ideas* has suggestions on how to make your pizza healthier. You can limit the number of slices you eat by adding a lettuce salad or fruit to your meal. The young and those young at heart enjoy pizza and it can be easy and fun to make.

Did you know:

- About 251,770,000 pounds of pepperoni are consumed every year in the U.S.
- 93% of Americans say they have eaten pizza in the last month!
- Top 5 days for pizza sales: Super Bowl Sunday, Halloween, the day before Thanksgiving, New Year's Eve and New Year's Day
- Thin crust pizza is enjoyed by 61% of Americans, 14% prefer deep-dish
- People in the U.S. eat 100 acres of pizza/day or 350 slices/second. That is a lot of pizza!



Picture from snap.nal.usda.gov

Pizza Ideas:

- In place of pizza sauce, use tomato sauce sprinkled with oregano and garlic powder.
- Replace ½ the flour in home-made pizza crust with whole-wheat flour.
- Use low-fat cheeses to lower calories and fat.
- Replace high-fat meats with a variety of vegetables.
- Try hummus, olive oil, Alfredo sauce, cottage cheese, BBQ sauce or sautéed vegetables as an option for pizza sauce.
- Use flat bread, pita bread, hotdog or hamburger buns, tortillas or thin bagels in place of crust.
- Get creative: try thin slices of potatoes or fall squash, scrambled eggs, sun-dried tomatoes, feta cheese, fresh herbs, cooked dried beans, pineapple or spinach. Use your imagination and create a new favorite!

ENGLISH MUFFIN PIZZA

- 1 English muffin, split
- 1/4 cup pizza sauce
- Favorite toppings
- 1/4 cup shredded mozzarella cheese



Preheat oven to 350° F. Arrange English muffin halves, cut-side up, on a baking sheet. Spoon 1 to 2 tablespoons pizza sauce onto each English muffin; add toppings; sprinkle with mozzarella cheese. Bake in the preheated oven until cheese is melted, about 10 minutes.



EASY PIZZA

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| 1 ½ cups pre-mixed baking mix | ½ cup chopped bell pepper |
| 1/3 cup very hot water | 1 ½ cups shredded mozzarella cheese (6 ounces) |
| 1 can (8 ounces) pizza sauce | |
| 1 package (3 1/2 ounces) sliced pepperoni (or any favorite topping) | |
| ½ cup sliced fresh mushroom | |



Heat oven to 450°F. Grease 12-inch pizza pan. Stir together baking mix and very hot water; beat 20 strokes until soft dough forms. Press dough in pizza pan. Spread pizza sauce over dough. Top with remaining ingredients. Bake 12 to 15 minutes or until crust is golden brown and cheese is bubbly.

Servings: 8; Calories: 235; Total Fat: 13g; Sodium: 820mg; Total Carbohydrate: 21g

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