

Fresh Veggie Pizza

Made to order just the way you like it!



Level: Easy

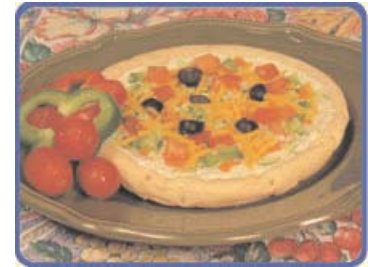
Makes: 1 pizza

Kids' Tool Kit

Small mixing bowl
Cutting board
Knife
Measuring spoons
Measuring cups
Spoon

Ingredients:

- 1/4 cup low fat sour cream
- 2 teaspoons dry ranch dressing mix
- 1 (7-inch) prebaked pizza crust
- 2 tablespoons shredded cheddar cheese
- 1/4 cup diced broccoli
- 1/4 cup diced cauliflower
- 1/4 cup diced carrots
- 1/4 cup diced green or red pepper
- diced zucchini, black olives, tomatoes, optional



Directions:

Remember to wash your hands!

1. In a small mixing bowl, combine sour cream and ranch dressing mix and spread mixture on pizza crust.
2. Top with shredded cheese and diced vegetables.

Chef's Choice

Fresh Veggie Pizza
Low fat milk



Helpful Hints: You can buy prebaked pizza crusts in the grocery store or you can make one from a favorite recipe. Try using other crusts, such as whole-wheat tortillas, pita bread, English muffins or bagels. Let kids choose the veggies they like for toppings but encourage variety. Let them finely chop the veggies to stack on the crust. Kids will often try veggies fresh that they do not like cooked.

Buy vegetables in season, you will save money at the store and will find different ways to serve them.



Safety Tip: Remember to wash all vegetables just before dicing. Use fresh, running water and wash just the amount you plan to use. Let older kids dice the veggies, using a paring knife and cutting board. If they are too young to dice, let them measure ingredients and decorate the pizzas.

Nutrition Facts

Serving Size 1 pizza (169g)	
Servings Per Container 2	
Amount Per Serving	
Calories 280	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 3g	15%
Cholesterol 15mg	6%
Sodium 800mg	33%
Total Carbohydrate 43g	14%
Dietary Fiber 2g	9%
Sugars 9g	
Protein 10g	
Vitamin A 100%	Vitamin C 50%
Calcium 10%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.