

HOMEMADE PIZZA RECIPE

Makes 2 Medium Pizzas

Serves 2-4

Total Time: 30 minutes



Nutrition Tip: Power up the nutrient content of your meal by serving a salad on the side!

INGREDIENTS

Dough

- use a premade flatbread like pita, focaccia, naan, etc.

Sauce

- 1 1/2 cups (~14 oz.) canned crushed tomatoes
- 2-3 garlic cloves, minced
- 1 tsp. extra virgin olive oil
- Salt and pepper to taste

Toppings

- 12 oz. pre-shredded or fresh mozzarella
- Veggies of our choice: 1) Tomato, garlic & basil, 2) Mushrooms, red onion & artichoke hearts, or 3) Pineapple, ham, bell peppers & jalapeno, etc.
- Other toppings of your choice.

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DIRECTIONS

1. Preheat oven to 450 degrees F.
2. Make pizza sauce: stir to combine canned crushed tomatoes, minced garlic, olive oil, pepper, and salt. Set aside.
3. Prepare a baking pan by lining it with parchment paper and spraying/brushing with a thin layer of olive oil.
4. Prepare toppings: Wash and chop veggies into bite-sized pieces. Slice cheese if not pre-shredded. For fresh mozzarella in water: pat dry with a paper towel.
5. Add the sauce and toppings to the flatbread and bake until the cheese is melted and the crust is golden: about 6 to 7 minutes.

