



# INDIVIDUAL GREEK YOGURT DOUGH PIZZAS

## MACROS | SERVING SIZE

Protein 22g | Fat 18g | Carbs 33g

## % CALORIES OF MACROS | SERVING SIZE

Calories 388 | Protein 24% | Fat 42% | Carbs 34%

## NUTRIENTS | SERVING SIZE

Fiber 2g | Sodium 791mg | Sat. Fat 10g

### INGREDIENTS (serves 4)

- 2 cups + 1tbsp. self-rising flour
- 1 cup plain Greek yogurt
- 2 tsp. olive oil
- 1-14 oz. can crushed tomatoes
- ½ tsp. garlic powder
- ¼ tsp. onion powder (optional)
- 1 tsp. sugar
- 1 tsp. dried oregano
- 1 tsp. dried basil
- Salt and pepper to taste (optional)
- 2 cups shredded mozzarella cheese

### DIRECTIONS

- Combine 2 cups self-rising flour and yogurt in a large mixing bowl. Mix using a fork or a spoon until combined.
- Lightly dust a clean, flat surface with the remaining flour. Pour the dough onto the surface. Knead for 2-3 minutes or until smooth. (If the dough is too dry, add a few drops of water; if it is sticky, add a little flour. Continue kneading.)
- Divide the dough into four equal portions, roll each into a ball, and set aside to rest.
- Meanwhile, boil the tomatoes, sugar, herbs, and spices in a medium-sized saucepan, stirring constantly. Turn the heat down to low and simmer for 10 minutes to blend flavors and thicken.
- Preheat oven to 450 degrees F.
- Flatten the dough into a round shape about 10 inches wide for one pizza pie using a rolling pin. Place the pies on a parchment paper-lined baking sheet. Use a fork to poke each pie a few times to prevent puffing. Place in the oven and bake for 5 minutes.
- Remove from the oven, add the toppings, and return to the oven to bake for about five additional minutes or until the cheese is melted and the crust is browned.

### DIETITIAN TIP

Freeze the remaining sauce as a starter for homemade spaghetti sauce or to make another round of pizzas.

### NUTRITION EDUCATION

In today's fast-paced world, convenience can take precedence over nutrition quality regarding meals. Yet, cooking more meals at home does not have to be difficult, fancy, or time-consuming, and this action may even improve the nutritional quality of your diet. By preparing more meals, you gain control over the ingredients and create opportunities to teach kids valuable life skills and healthy eating habits.

When you cook at home, you have complete control over what goes in your meals and the portion size. This means you can prioritize fresh, whole ingredients and limit excess sodium, sugar, and unhealthy fats that tend to be higher in overly processed and restaurant foods. With some planning, home-cooked meals can be richer in essential nutrients like vitamins, minerals, and fiber, which are key in promoting optimal health and preventing illness or chronic disease. For example, the protein, vitamins, and minerals will likely be higher when preparing pizza at home using Greek yogurt as an ingredient in the dough and choosing vegetables and lean meat. At the same time, the amount of sodium and added fats will be lower per serving than a prepared pizza. With some planning, cooking more meals at home can also ensure your family consumes balanced, nutrient-rich, wallet-friendly meals.

Children who grow up cooking at home are more likely to develop a taste for nutritious foods. Research shows that kids who regularly eat meals prepared at home consume more fruits, vegetables, whole grains, and fewer sugary drinks and snacks. These habits can set the stage for a lifetime of better health, reducing the risk of obesity, heart disease, and diabetes. Further, family meals provide a routine and connection, positively impacting emotional well-being and academic performance.

"Kids learn from watching you. Cook more meals at home, and they will too". Involve kids in all aspects of cooking, from choosing favorite vegetables at the store to assisting in the kitchen with age-appropriate tasks and even cleaning. These activities will foster essential life skills such as meal planning, budgeting, food preparation, and food and kitchen safety while nurturing a sense of responsibility for one's food choices and accomplishment.

