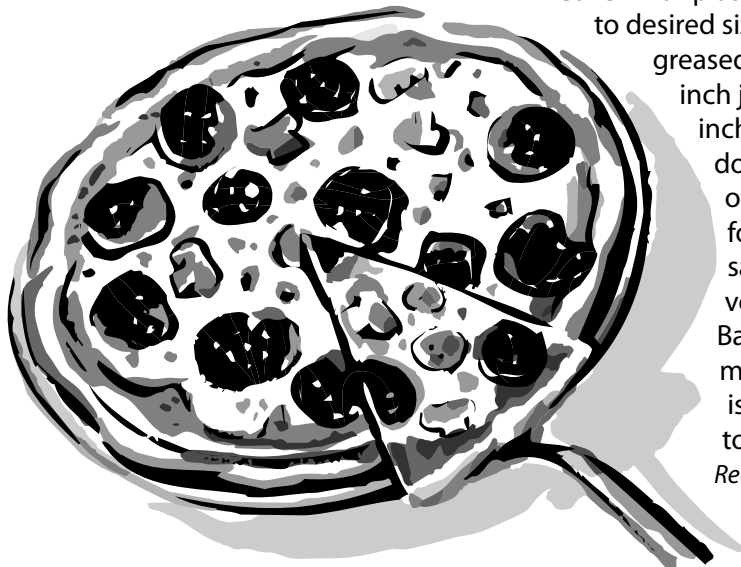


“Lotsa Kindsa” Pizza!

Pizza is an easy meal, and when it's prepared right, a nutritious one too. There are multiple kinds of pizza to offer as healthy and delicious snack and lunch choices for children.

Caution: When offering food to young children, be aware of allergies and choking hazards such as nuts, popcorn, raw vegetables, and hot dogs; do not give these to infants and young toddlers. Closely supervise young children when they eat.



Quick Whole Wheat Pizza Crust

* This recipe is not intended for infants and young toddlers

Ingredients (Serves 8):

2 cups whole wheat flour
1 package active dry yeast/instant yeast
 $\frac{3}{4}$ t salt
1 cup hot tap water (120-125 F)
1 T vegetable oil
1 T honey or granulated sugar

Preheat oven to 425 F. Stir whole wheat flour; lightly spoon into a measuring cup and level flour. In large mixing bowl, combine whole wheat flour, yeast, salt. Blend in water, oil, and honey or sugar. Stir by hand vigorously until all ingredients are well mixed; about 3 minutes. Cover with plastic wrap and let rise to desired size. Place dough in greased 15 inch x 10 inch x 1 inch jelly roll pan or 12-14 inch pizza pan. Press dough to cover bottom of pan and up sides to form a rim. Add pizza sauce and your favorite pizza toppings. Bake in oven 15 to 20 minutes or until crust is golden brown and toppings are done.

Recipe source: *Wheat Foods Council*

Spaghetti Pizza

* This recipe is not intended for infants and young toddlers

Ingredients (Serves 8):

$\frac{1}{2}$ pound lean ground turkey, beef, or pork
1 medium clove garlic, peeled and minced
6 ounces uncooked whole grain spaghetti
 $\frac{1}{2}$ cup fat-free milk
1 egg, beaten
2 cups spaghetti sauce
1 cup shredded, part-skim mozzarella
 $\frac{1}{4}$ cup toppings of choice, drained (mushrooms, pepperoni, etc.)

Preheat oven to 350 F. Spray a 12-inch pan or 9x13-inch pan with cooking spray. Do not choose a pizza pan with holes designed for a crisp crust. In a small skillet, brown meat with minced garlic; drain. Break spaghetti into 3-inch pieces. Cook according to package directions; drain thoroughly. In large bowl, combine milk and egg. Stir in thoroughly drained spaghetti. Pour into prepared pan. Top with meat, sauce, cheese and $\frac{1}{4}$ cup each of your choice of toppings. Bake 25 to 30 minutes or until spaghetti crust is firm and cheese melts. Serve immediately. *This recipe can be prepared ahead and frozen, then baked when needed. This recipe can be doubled (bake in 15 $\frac{1}{2}$ inch x 10 $\frac{1}{2}$ inch x 1 inch jelly roll pan for 30 minutes).
Recipe source: *Wheat Foods Council*

Chicken Vegetable Pizza

* This recipe is not intended for infants and young toddlers

Ingredients (Serves 8):

2 cups grated 4-cheese blend
½ cup ricotta cheese, part-skim milk
2 T olive oil
2 ounces sliced fresh mushrooms
1 small green pepper sliced to make rings (chopped for young children)
8 ounces ready-to-eat Italian style roasted, boneless, skinless chicken breast halves
2 ounces marinated sun-dried tomatoes, well drained (save liquid) and sliced
2 T minced fresh basil
½ cup freshly grated Parmesan cheese

For pizza crust, use favorite recipe, a prepared pizza crust, or 10-ounce can refrigerated pizza dough. Prepare pizza crust according to instructions. Lightly spread olive oil on crust to keep the dough from drying out. Bake 8 minutes or until slightly browned. Mix the 4-cheese blend and ricotta cheese together and spread on hot crust, leaving a ½ inch border around the edges. Add mushrooms, green pepper, roasted chicken, sun-dried tomatoes, and fresh basil. Drizzle with olive oil or marinade oil from the tomatoes. Sprinkle with Parmesan cheese. Bake 15 to 25 minutes or until bubbling and the cheese has browned. (For softer crust, bake at 375 F)

Recipe source: Wheat Foods Council

Fruit Dessert Pizza

* This recipe is not intended for infants and young toddlers

Ingredients (Serves 8):

1 18-ounce package refrigerated sugar cookie dough
4 ounces cream cheese (1/3 less fat), softened
4 ounces frozen whipped topping, thawed
1 ½ t sugar
1 16-ounce can sliced light peaches, drained (reserve juice)
7 large fresh strawberries
1 to 2 medium kiwis
1 t cornstarch
1/3 cup sugar

Preheat oven to 350 F. Cut cookie dough into slices and arrange on a 12-inch pizza pan, coated with non-stick spray. Press slices together to form a solid crust. Bake 12-15 minutes until golden. Crust is done when edges begin to brown. Beat cream cheese until smooth; add whipped topping and sugar. Spread evenly over cooled crust. Top with peach slices, strawberries, and kiwi. In a small sauce pan, combine 1/3 reserved peach juice, cornstarch, and 1/3 cup sugar. Cook until thick. Drizzle over pizza and chill.

Recipe source: Wheat Foods Council



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