



## For Kids! Easy Family Pizza

Serves 6

1 can	Refrigerated pizza dough
1/2 cup	Tomato sauce
1 tsp	Dried basil
1 tsp	Dried oregano
1/4 tsp	Red pepper flakes (optional)
2 cups	Mozzarella cheese, part skim, shredded



Preheat oven to 425°. Get out a rectangular baking sheet, about 11 x 16 inches, or a pizza pan. Spray the pan very lightly with vegetable oil. Press pizza dough into the shape of the pan. Spread tomato sauce all over it. Sprinkle with dried basil, dried oregano and red pepper flakes (if desired). Finally, sprinkle with shredded cheese. Place into the oven for 12-14 minutes, until crust is golden brown and cheese is bubbly.

*Note: It is also fun to decorate the pizza with colorful vegetables and/or cooked turkey sausage or cooked lean ground beef.*

### **Recipe Nutrition per serving** (basic pizza recipe)

236 calories; 15 gm protein; 25 gm carbohydrate; 8 gm total fat; 4 gm saturated fat; 0 trans fat; 20 mg cholesterol; 1 gm fiber; 520 mg sodium