

Veggie Pizza Cups

Yields approximately 12 pizza cups (1 serving = 2 pizza cups)

Pizza is many people's favorite food. When thinking of a traditional pizza a few things come to mind: grease, calories, and no nutrients. However, pizza does not need to be this way. In this healthy take on a classic pizza, red winter wheat flour replaces the white flour, which helps digestion due to the added fiber. Since pizza cups are full of a variety of different delicious vegetables, many vitamins and minerals are provided to the body after eating it. Overall, these pizza cups allow for all the delicious taste of a classic pizza while still nourishing the body.



Ingredients:

- ❖ For the pizza dough:
 - 2 cups soft red winter wheat flour
 - ½ tablespoon quick-rise yeast
 - 2 tablespoon olive oil
 - 1 teaspoon table salt
 - ¾ cup warm water (between 100-110°F)
- ❖ For the pizza filling:
 - 1 cup chopped green bell pepper
 - 1 cup chopped broccoli
 - ¼ cup chopped onions
 - 1 cup raw, chopped spinach
 - 1 cup grated mozzarella cheese
 - 1 cup pizza sauce

Directions:

Part 1: Make the Pizza Dough

1. Combine flour, yeast, and salt in a large bowl
2. Add olive oil and warm water into bowl and combine until it comes together into a mendable mass
3. Place dough onto floured surface and knead for 5-7 minutes or until elastic and smooth
4. Oil a large, clean bowl with a half tablespoon of olive oil, cover with plastic wrap, and allow dough to rise for 2 hours

Part 2: Assemble & Bake Pizza Cups

1. Preheat the oven to 450°F
2. On a light floured surface, thinly roll out the pizza dough into a sheet that is around ¼ inch thick
3. Cut out circles using a cookie cutter that would approximately cover all sides of the muffin tin. Keep extra dough trimmings for later.

4. Carefully place each dough circle into each muffin tin, melding the sides as close into the muffin tin as possible
5. Add about 1.5 tablespoons of cheese to each muffin tin
6. Spread out the onions, green bell peppers, spinach, and broccoli evenly between the twelve muffin tins
7. Add around 1.5 tablespoons of pizza sauce to each muffin tin
8. Used dough trimmings to cut out stars to place on top of each muffin (if desired, not required)
9. Place muffin tin in the oven for around 20 min, or until pizza dough looks thoroughly cooked.

Nutrition Information for Mini Pizzas

Data for nutritional information came for USDA website: <https://fdc.nal.usda.gov/index.html>

Energy 302 Cal

Protein 10.6 g

Fat 9.0 g

Carbohydrate 49 g

Fiber 9 g

Vitamins

Vitamin C (mg)	34.6
Thiamin (mg)	0.3
Riboflavin (mg)	0.2
niacin (mg)	4.6
Pantothenic acid (mg)	0.7
Vitamin B6 (mg)	0.3
Folate (mcg)	54.7
Vitamin B12 (mcg)	0.2
Vitamin A (RAE)	72.0
Vitamin E (mg alpha-tocopherol)	2.5
Vitamin D (mcg)	0.0
Vitamin K (mcg)	45.0

Minerals

Calcium (mg)	142.5
Iron (mg)	2.5
Magnesium (mg)	92.5
Phosphorus (mg)	386.0
Potassium (mg)	501.5
Sodium (mg)	686.4
Zinc (mg)	2.2
Copper (mg)	0.3
Manganese (mg)	2.6
Selenium (mcg)	4.7