

# NACH Your Average Veggie Pizza

Top Cats  
Northern Adirondack Central School; High School Division



2013

## **Ingredients:**

2 lbs	Whole Wheat Pizza Dough
4	Garlic Cloves*
1	Onion*
2	Green Pepper
1	Orange Pepper
1	Red Pepper
2	Yellow Peppers
1 14.5 oz. can	Diced Tomatoes, no salt added**
1 14.5 oz. can	Tomato Sauce
3 oz.	Broccoli Florets, Frozen**
1 oz.	Spinach, Fresh*
12 oz.	Mozzarella Cheese, Part Skim, Shredded
4 oz.	Cheddar Cheese, Light*
1/2 tsp.	Oregano, dried*
1 tsp.	Parsley, dried*
1 Tbsp.	Basil, dried
Dash	Salt
Dash	Pepper

PAM Cooking Spray

## **Directions:**

Knead thawed pizza dough.

Spray PAM on pizza pan.

Spread in pan with pizza dough roller.

Chop frozen broccoli and place on a paper towel.

Chop 1 green, orange, red, and yellow pepper, ½ onion, and 2 cloves of garlic and place in pot. Cook over medium heat until well done and moisture is removed.

Drain the diced tomatoes.

Blend the tomato sauce, drained diced tomatoes, 2 cloves of garlic, ½ onion, herbs, salt, and pepper using an immersion blender.

Spread the sauce on the dough as needed. Any extra sauce may be used for dipping purposes.

Shred the cheddar cheese.

Combine the mozzarella and cheddar cheese thoroughly.

Add a small amount of cheese to the pizza.

Chop the spinach and place on top of the cheese.

Add the rest of the cheese.

Add all of the cooked vegetables and the broccoli to the top of the pizza.

Cook at 350 degrees for 10-15 minutes.

For a garnish cut 1 yellow pepper into a "flower" shape. Cut 1 green pepper into several "leaf" shapes. Place the green "leaves" in a circle on plate and place the yellow "flower" on top of the "leaves". Extra dipping sauce may be used to accent the plate and "flower" garnish.

\*Local Product

\*\*Commodity (USDA) Product

