



Power Pizza

Nutrition Highlights: Vegetables, beans, calcium, fiber, and protein

Rich in vitamins A, C, and K, magnesium, iron, lycopene, manganese, folate, tryptophan, fiber, protein, and calcium

With uncooked pizza dough on hand, or just some pocketless pita breads, this pizza is quicker to make than calling out for delivery from the local pizza place. And I'm sure Tony's not sneaking carrots and yams into his sauce! I mix this healthy puree right into the bottle of store-bought tomato sauce (it looks perfectly normal), then I let the kids do the rest, adding any additional toppings they like. They've never once suspected anything in the sauce, especially under that blanket of bubbly cheese.

You can even prepare this pizza ahead of time without cooking it, and then refrigerate for a day or two. Simply bake when you're ready to eat.

Makes 1 large pizza or 4 smaller pizzas

1 store bought pizza dough or 4 "Greek style" pocketless pitas (whole wheat preferred)

3/4 cup store-bought tomato sauce

3 tablespoons Orange Puree (See Make-Ahead Recipe #2)

1 to 2 cups low-fat shredded mozzarella cheese

Optional extra boost: sliced mushrooms, onions, sweet peppers, or artichoke hearts

Preheat oven to 400 degrees and preheat a pizza stone, if using one, or spray a baking sheet with oil.

Stretch pizza dough, or roll out with floured rolling pin on floured surface, to form a pie and transfer it to the stone or baking sheet. If using pocketless pitas, place them on the prepared baking sheet. Combine tomato sauce with the Orange Puree. Mix well. Spread 1/2 to 1 cup of the sauce mixture across the large pizza dough (use only 1/4 cup of sauce for each pita), then top with about 1 cup of mozzarella (use about 1/2 cup of cheese per pita). Cover and refrigerate at this point, or bake for 15 to 20 minutes until bubbly and lightly browned. Allow to cool a few minutes, then cut into triangles and serve.