

LESSON 2: FOOD SUSTAINABILITY

Pizza

PIZZA INGREDIENTS

- 1 pre-made pizza crust (or mini naan)
- ½ cup pizza or marinara sauce
- ½ cup mozzarella cheese, shredded
- 4–5 leaves of baby spinach
- 4 black olives, sliced
- 3–4 mushrooms, sliced
- 1 leaf basil, sliced or torn

Other options: cherry tomatoes (halved), sliced onion, chopped zucchini, sliced bell peppers



Nutrition Facts

Serving Size: 1 Serving

Amount Per Serving		% Daily Value*
Calories	543.2 kcal	27 %
Total Fat	25.2 g	39 %
Saturated Fat	13.5 g	68 %
Trans Fat	0.8 g	
Cholesterol	62.5 mg	21 %
Sodium	1263.2 mg	53 %
Total Carbohydrate	54.6 g	18 %
Dietary Fiber	4.8 g	19 %
Sugars	8.4 g	
Protein	25.3 g	51 %
Vitamin A	18 %	Vitamin C 28 %
Calcium	54 %	Iron 28 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

DIRECTIONS

- 1 Preheat oven to 400°.
- 2 Place pizza crust on a parchment-lined baking sheet.
- 3 Spread pizza sauce evenly on crust.
- 4 Sprinkle cheese evenly on crust.
- 5 Place toppings on crust.
- 6 Bake for 10–12 minutes until crust is golden brown and cheese has melted.
- 7 Let cool for a few minutes before serving.