

Recipe  
**1**

Serves  
**3-4**

# Pizza or Calzone



## Ingredients

### Base

500g (1lb) strong white flour  
1 x 7g packet instant easy-blend yeast  
300ml (½ pt) warm water  
1x15ml spoon (1 Tablespoon) oil  
1x5ml spoon (1 teaspoon) sugar  
½x5ml spoon (½ teaspoon) salt

### Toppings

1 small jar Italian tomato sauce,  
dried herbs, variety of different  
toppings, e.g. cheese, tomato,  
mushroom, green pepper, ham,  
pepperoni, pineapple chunks

### Equipment

Mixing bowl, measuring spoons,  
knife, chopping board, baking tray,  
measuring jug, grater and grease  
proof paper.

## Method

1. Preheat oven to 200°C or Gas Mark 6.
2. Sieve together the flour and salt into a mixing bowl. Stir in the sugar and yeast.
3. Add warm water, mix into a dough.
4. Knead the dough for 5 minutes. Cover the dough and allow to prove for 20 minutes in a warm place until it doubles in size.
5. Divide dough in half and shape into two round disks.
2. Spread the tomato sauce on top and add other toppings.
3. Sprinkle with cheese and bake for 10-15 minutes.

### Calzone

1. Put grease proof paper on tray and place the disks at either end with one-half overhanging.
2. Add fillings onto one side of the dough.
3. Fold the remaining dough over and seal with water - crimping the edges together.
4. Bake for 10-15 minutes, until golden brown.

### Pizza

1. Put grease proof paper on the tray and add pizza base.

# Nutrition Information

Pizza*	per 100g	per recipe	per portion ( $\frac{1}{4}$ pizza)
Energy (kJ)	848	10029	2507
Energy (kcal)	203	2397	599
Protein (g)	7.2	84.6	21.2
Fat (g)	5.1	60.8	15.2
of which saturates (g)	2.0	23.4	5.8
Carbohydrate (g)	34.1	402.6	100.6
of which sugars (g)	1.8	20.9	5.2
Fibre (g)	1.3	15.5	3.9
Sodium (mg)	421	4976	1244
Salt (g)	1.1	12.4	3.1

\* (Calculation based on pizza using  $\frac{1}{2}$  green pepper, 4 mushrooms, 1 tomato and 150g mozzarella cheese.)

## Notes

# Key Messages

## Healthy eating

- Make the base of the pizza thick to boost carbohydrate content.
- Add plenty of different vegetables and lower fat toppings such as tuna, ham or prawns.
- Top with a few handfuls of reduced fat cheese to keep the overall fat content down.
- Alternatively, use a stronger flavoured cheese to top your pizza. You do not need to use as much to get the same taste and this helps cut down on fat and salt.

## Money

- Use economy brands from supermarkets where possible, and buy loose, canned or frozen vegetables instead of pre-packed or pre-prepared vegetables.

## Food safety

- Use cooked meat only on the pizza, as raw meat may not cook thoroughly in the time.
- Wash hands thoroughly before kneading the dough.