

# Pizza

## Pizza

Makes 16 squares

Blue – 1 piece-2 points; 2 pieces-4 points; 3 pieces-6 points; 4 pieces – 9 points

Purple – 1 piece-2 points; 2 pieces-4 points; 3 pieces-6 points; 4 pieces – 9 points

Green – 1 piece-2 points; 2 pieces-5 points; 3 pieces-7 points; 4 pieces – 9 points

### Dough

- 1 cup self rising flour
- 3/4 cup non fat greek yogurt

### Pizza Sauce

- 15 ounce tomato sauce
- 2 tsp dried oregano
- 1 tsp dried thyme
- 2 tsp dried basil
- 1 tsp garlic powder
- 1/2 tsp onion powder
- 1 tsp sugar
- 1/4 tsp seasoned salt
- 1/8 tsp black pepper

### Additional Ingredients

- 2 cup part skim, shredded mozzarella cheese

- any additional toppings (be sure to count points if necessary!)

## **Crust**

1. Preheat oven to 400.
2. In a large bowl, combine flour and yogurt. Mix well. Knead for 20-30 seconds.
3. Spray a 15×10 inch baking sheet with non stick spray. Roll out the dough evenly on the baking sheet. I use this dough roller <https://amzn.to/3c4njmL> (paid link)
4. Bake crust for 8-9 minutes. Remove from oven
5. While crust is baking, make sauce.

## **Sauce**

1. Combine all sauce ingredients in a medium saucepan
2. Cook the sauce over medium-high heat until it boils
3. Reduce heat and simmer for 10 minutes.
4. It is ready to use. Can be frozen

## **Assembly**

1. Once the crust is out of the oven, spread desired amount of sauce over crust
2. Top with 2 cups shredded mozzarella and any additional toppings.
3. Return to oven and bake 12-14 minutes longer – until cheese is melted
4. Let stand 5 minutes so cheese can set.

5. Cut into 16 servings.