

SPOOKY PIZZA

BUILDING HEALTHY COMMUNITIES



Have a blast making Halloween personal pizzas with lots of fun toppings!

INGREDIENTS:

STEP ONE:

Mix all the ingredients in a bowl and whisk to incorporate, making sure that there are no remaining lumps of tomato paste. It's as simple as that!

PREP: 10 MINUTES / SERVES: 4

- 2 cups tomato sauce
- 3 tablespoons tomato paste
- ½ tablespoon garlic powder
- ½ tablespoon onion powder
- 1 tablespoon dried oregano

PREP: 15 MINUTES / COOK: 10 MINUTES / SERVES: 4

4 10-inch whole-wheat pita bread

1 cup Yummy Pizza Sauce

8 ounces grated cheese (provolone, mozzarella, or a blend)

Toppings of your choice. They could include: sliced mushrooms, raw or roasted peppers, sliced zucchini or yellow squash, olives, fresh tomatoes, green onions or scallions (finely shredded for "hair"), asparagus, artichoke hearts, spinach, onion, pepperoni

STEP ONE:

Preheat your oven to 450 degrees. Place the pitas on a baking tray. Spread ¼ cup of the pizza sauce on each pita, leaving about half an inch of crust from the edge of the pizza. Sprinkle the cheese over the sauce.

STEP TWO:

Decorate your pizza with your jack-o'-lantern face using the toppings of your choice. Place the tray in the hot oven and watch it cook, waiting until the cheese is melted and bubbly about 7-10 minutes.

STEP THREE:

Remove the tray from the oven. Carefully cut the pizza into pieces and enjoy. Any remaining sauce can be used as a dipping sauce for the crust.



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