

Five Ingredient Pizza

- 1 c Greek yogurt, plain, nonfat
- 1 c Flour, self-rising (plus extra for kneading)

Cooking spray

½ c Pizza sauce

½ c Italian blend cheese, shredded

½ c Toppings: onions, olives, peppers, turkey pepperoni, pineapple, mushroom, ham, etc.

Self Rising Flour:

1 c Flour

1 t Baking powder

¼ t Salt

1. PREHEAT oven to 450°F.
2. COMBINE yogurt and self rising flour and MIX until combined.
3. PLACE dough on a floured surface and KNEAD until smooth, about 2 minutes. DIVIDE dough into four sections.
4. ROLL out each portion of dough to desired shape and thickness. PLACE dough on a baking sheet sprayed with cooking spray and SPRAY dough too.
5. TOP each pizza with 2 T sauce, 2 T cheese, 2 T of desired topping.
6. BAKE for 10-12 minutes or until crust is crisp and browned.

Optional: Pizza Seasoning: Makes 14– 1 t

1½ T Oregano

1 T Basil

1 t Rosemary

1½ T Onion flakes

¼ t Thyme

¼ t Salt

Makes 4 servings



Nutrition Information: 100 calories, 5 g fat, 15 mg cholesterol, 230 mg sodium, 13 g carbohydrate, 0 g fiber, 10 g protein

Chickasaw Nation Nutrition Services

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