



PIZZA

Ingredients:

- Premade Whole Wheat Pizza Crust
- ½ Cup Tomato Sauce
- Vegetables of your choosing
- ½ Cup Low Fat Cheese

Directions

Pour the tomato sauce onto the pre-made whole wheat pizza crust. Add vegetables of your choosing to the pizza. Once you have placed your chosen vegetables on the pizza sprinkle the low fat cheese on top. Put your pizza in the oven and bake for minutes 20 minutes at 400 degrees.



ALWAYS wash fruits and veggies when preparing for cooking or eating.
When cutting, dicing, peeling and slicing - ALWAYS get your parents' help or permission.



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