

Funny Face Pizzas

with the Super Crew®!



the
Super Crew

Tools

- Metal baking sheet or pizza pan
- 2 potholders
- Metal spatula
- 2 cutting boards
- Paring knife
- Measuring cups
- Medium bowl
- Whisk or fork
- Plates
- Napkins

Ingredients

- 1 pkg. (10 oz.) prebaked whole-wheat Italian bread shells (2 personal size crusts), whole-grain tortillas or whole-grain pita breads
- ½ cup homemade or prepared pizza sauce (see recipe)
- 1 cup fresh spinach, stems removed
- 1 cup shredded part-skim mozzarella cheese
- Assorted vegetable/fruit toppings to create pizza face (see Topping Ideas, next page)



Directions

1. Preheat oven to 450.
2. Remove Italian bread shells from wrapper. *-Super Baby Abigail*
Place on ungreased baking sheet or pizza pan.
3. Spread ¼ cup pizza sauce on each bread shell to create pizza.
4. Layer ½ cup fresh spinach over pizza sauce on each pizza.
5. Sprinkle ½ cup mozzarella cheese over spinach on each pizza.
6. Use your imagination to create funny face on each pizza with assorted vegetables and fruit (choose a few from the list on page two).
7. Bake 8-10 minutes or until cheese is melted and pizza is heated through.
8. Using potholders, remove baking sheet from oven and place on stove top. Use metal spatula to slide pizzas onto cutting board. Cut each one in quarters and serve. (For 16 taste-size servings, cut each quarter in half.)



**“This pizza rocks!
It’s full of my favorite
veggies and I can put
pineapple on it too!”**

-Marcus

Makes 8 regular servings (1/4 pizza per serving). Per serving: 150 calories, 5 g total fat (3 g saturated fat), 19 g carbohydrates, 8 g protein, 3 g dietary fiber, 290 mg sodium.

Makes 16 taste-size servings. Per serving: 75 calories, 2.5 g total fat (1.5 g saturated fat), 10 g carbohydrates, 4 g protein, 1.5 g dietary fiber, 145 mg sodium.

“Try our yummy
veggie pizza!”
-Carlos & Penny



Pizza Sauce

Makes about 1 cup
(Refrigerate leftover sauce for later use.)

Ingredients

- 1 can (8 oz.) no-salt-added tomato sauce
- ¼ cup no-salt-added tomato paste
- 1 tsp. olive oil
- 1 tsp. Italian seasoning
- ½ tsp. garlic powder
- ¼ tsp. sugar
- Salt and ground black pepper, to taste

Directions

1. In a medium bowl, combine tomato sauce, tomato paste and olive oil until blended.
2. Stir in Italian seasoning, garlic powder and sugar until well combined.

Topping Ideas

Hair: grated carrots or small steamed broccoli florets

Eyes: cherry tomato halves or carrot circles

Nose: green or red pepper triangle or canned pineapple chunk

Mouth: green or red pepper strips or zucchini strips

Teeth: canned pineapple chunks

Ears: 2 center slices (from top down) of large white button mushroom, stem removed



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