



Cut out this handy **SHOPPING LIST** and take it with you to the grocery store to make sure you don't miss any crucial ingredients!



## Healthified Pizza SHOPPING LIST

### TRADITIONAL

#### PRODUCE

- 1 large head of broccoli

#### DAIRY

- 7 oz. shredded mozzarella cheese  
or 7 oz. vegan "cheese" shreds

#### FROZEN

- 1 10-oz. package of frozen  
chopped spinach

#### BAKERY

- 1 fresh whole wheat pizza dough

#### PANTRY

- 1 24-oz. jar of marinara sauce
- olive oil

### ORNISH-APPROVED

#### PRODUCE

- 1 large head of broccoli

#### DAIRY AISLE

- 7 oz. fat-free shredded  
mozzarella cheese

#### FROZEN

- 1 frozen cauliflower crust

#### PANTRY

- 1 15.5-oz. can  
of cannellini beans
- canola-based  
cooking spray
- 24 oz. of homemade sauce

# Health-ified

## PIZZA

# Night

It's easier to get everyone together for a family dinner when pizza's on the menu!

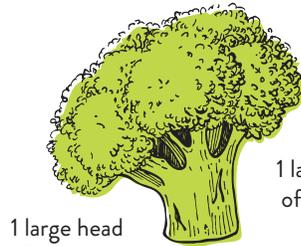
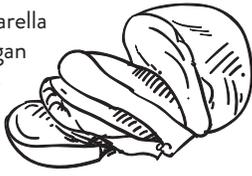
Get the whole family involved with this fun pizza night recipe from Rachel Swick Mavity.

This is a choose-your-own-adventure recipe! Choose from the options below to create your perfect pizza!

### INGREDIENTS [Servings: 4]

#### TRADITIONAL

7 oz. shredded mozzarella cheese or 7 oz. vegan "cheese" shreds



1 large head of broccoli

110-oz. package of frozen chopped spinach



1 24-oz. jar of marinara sauce



olive oil



1 fresh whole wheat pizza dough

#### ORNISH-APPROVED

1 large head of broccoli



7 oz. fat free shredded mozzarella cheese



24 oz. of homemade sauce



115.5-oz. can of cannellini beans

canola-based cooking spray



1 frozen cauliflower crust

If you are following the Ornish Lifestyle Medicine program, available at Beebe for those who have had a heart event, make these substitutions to keep this recipe Ornish-approved!

- + Make sure dough, sauce, and cheese each have less than three grams of fat per serving.
- + Use a light spritz of canola-based cooking spray, not olive oil.

### INSTRUCTIONS

- 1. PREHEAT OVEN** according to crust/dough directions.
- 2. PREP AND ROAST BROCCOLI.** Cut into bite-sized florets. Lightly toss with olive oil or cooking spray and salt and pepper. Pop broccoli in the oven during the last 15–20 minutes of baking the pizza.
- 3. PREP THE SAUCE.** Pour the sauce into a saucepan. Now you can either add the thawed, drained spinach to the sauce OR you can rinse, drain, and puree the cannellini beans and add the puree to the sauce. This sneaks in extra health benefits! Heat until hot.
- 4. PREP THE CRUST.** Whether you are using a frozen cauliflower crust or fresh dough, follow the package directions.
- 5. GET THE KIDS INVOLVED.** Place the sauce and cheese in bowls so they're easy to access for little hands. Set the pizza pan on the counter and get stools for the kids. Help your kids "paint" on the desired amount of sauce and top the pizza with shredded cheese. They can make whatever creation their imagination desires! You will probably have sauce and cheese left over for another use.
- 6. COOK THE PIZZA.** Follow the cooking directions on the crust or dough package. When the cheese is melted and the crust looks crisp, pull the pizza out, and carefully slide it onto a large cutting board to slice.