

Pizza, Fruits & Veggies: *Plate 'em Up!*

There are many ways to fit vegetables and fruits into your pizza meal.



Choose a pizza variety made with veggies



Add your own veggies before baking



Top your pizza with salad – just like in gourmet restaurants



Enjoy fruit for dessert



Try fresh veggies with pizza!

Make Pizza *Part* of Your Meal



Pizza has many elements of a complete meal, but it's even better when enjoyed with other foods that add good nutrition, taste and variety. And you'll leave the table fully satisfied but not stuffed. Picture a few great ideas. What are your favorites?



1 pizza slice + salad + small glass of juice



1 pizza slice + piece of fruit + water



1 pizza slice + broccoli + fat-free milk

While you Bake, *Make the Nutrition Great!*

The most beautiful thing about pizza that you bake in your oven: It's like a canvas that you can paint with your favorite foods. There are many creative options that add great nutrition in the process.

Most frozen pizzas bake in 20 minutes or less – time you can use to make your pizza one of a kind. Open your fridge, your freezer and pantry and use what's on hand. No shopping required. Imagine you're a participant on a TV cooking contest – it's your turn to get creative!





Top It Your Way!

The possibilities end only with your creativity, but these options are definitely worth a try. Try ones that appeal to you and your family. Mix and match to keep the fun and flavor in pizza night.

→ Cooking times shown on the carton are based on the pizza you purchased. Additional toppings may call for longer baking times. By using a thermometer, you can ensure that every component reaches 160°F to assure food safety. Also, be sure to wash added fresh veggies thoroughly before use, employing safe food handling practices to prevent cross-contact contamination.

Add Halfway Through to Cook or Thoroughly Reheat



Drain canned beans for lean protein



Add cooked chicken, turkey or shrimp to a cheese pizza



Slice and spread, green and red peppers



Tear broccoli into small pieces



Can you have too many onions?



Herbs & Spices—Go wild, adding your favorite flavors



Skip starchy veggies like potatoes – the pizza crust delivers plenty of delicious starchy goodness.

Add in Time to Heat Up



Microwave frozen spinach, drain for green power



Shred and spread carrots, yum!



Halve and spread cherry tomatoes to add lycopene, flavor and flair



Drain and spread canned mushrooms – the more the merrier



Drain and add jarred hot peppers – you set the temperature!

Add After Baking



Mix fresh salad greens and lightly dress, then use as a topper



Thinly slice radishes to add crunch and heat.