

Balanced Meals for Active Families

“I know how tough it can be to get a meal on the table that delivers on nutrition and keeps the entire family happy. That’s why I’m excited to show you how simple it is to **Balance Your Plate** by pairing a convenient family favorite – frozen pizza – with fruits and veggies.

I’m all about balanced solutions, so on nights when I need to turn to a quick family favorite like DiGiorno® Pizza, I spend 15 to 20 minutes prepping a veggie side dish while the pizza is in the oven. One of my go-to sides for pizza is this broccoli crunch salad.”

– **Liz Weiss, MS, RDN**

Cookbook author, food blogger and co-owner of Meal Makeover Moms

Tips for Pizza Lovers

1. **Enjoy mindful pizza portions.** Reference the Nutrition Facts label for the serving size, expressed as a fraction of the pizza. Use the serving size and other nutrition information to choose a portion that fits your needs.
2. **Balance your pizza with nutrient-rich toppings.** Try adding sautéed vegetables such as baby spinach, diced bell peppers, sliced mushrooms and sliced onions to boost nutrition on pizza night.

Perfect Pairings for a Balanced Plate



DiGiorno® pizzeria!
Thin Margherita

Broccoli Crunch Salad

Deer Park®
Sparkling Water

A Balanced Plate!

Broccoli Crunch Salad

Instructions

1. Steam broccoli florets for 3 minutes. Once steamed, immediately place in a bowl and place in the refrigerator, uncovered, to cool for 10-15 minutes.
2. While broccoli is cooling, place yogurt, mayonnaise, maple syrup and vinegar in a bowl and stir to combine.
3. Top broccoli with dressing and stir until florets are evenly coated. Top with cranberries and almonds. Season with salt and pepper to taste.

Serves: 4 to 6

Ingredients

6 cups bite-size broccoli florets
3 tablespoons fat-free plain Greek yogurt
2 tablespoons low-fat mayonnaise
2 teaspoons pure maple syrup
2 teaspoons apple cider vinegar
3 tablespoons dried cranberries
3 tablespoons sliced almonds
Kosher salt and pepper

Nutrition Information

Serving size: 1 cup, Calories: 100, Fat: 4.5g, Saturated fat: 0g, Carbohydrates: 13g, Sodium: 165mg, Fiber: 3g, Protein: 4.5g

Balance Your Plate is an educational campaign that helps consumers build nutritious, delicious and convenient meals that meet the Dietary Guidelines for Americans.

Visit nestleusa.com/balance for more tips and resources