



White Pizza and Veggie Pinwheels



Ingredients: (serves 6)

- 1 bag (12oz.) frozen broccoli, cauliflower and carrots, thawed and chopped
- 1 cup reduced fat ricotta cheese
- 1 egg
- 1/2 cup low fat shredded mozzarella cheese
- 2 Tbsp. grated Parmesan cheese
- 1/4 tsp. garlic powder
- 1/4 tsp. Italian seasoning
- 1 package (about 14 oz.) whole grain pizza dough

These tasty pinwheels are fun to make, bake and eat! A whole grain crust and convenient frozen veggies give the dish a nutritional boost. This recipe comes to us from our friends at [Birds Eye Vegetables](#).

Instructions:

Adult: Preheat oven to 375°F.

Kid: Arrange parchment paper on large baking sheet.

Together: Combine ricotta, egg, mozzarella cheese, garlic powder and Italian seasoning until well combined.

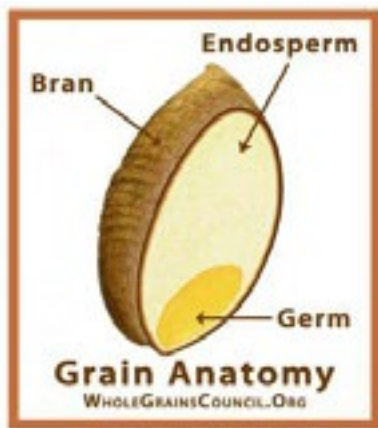
Together: Roll out pizza dough to form an 11 x 7-inch rectangle.

Kid: Spread cheese mixture onto crust, leaving 1/2-inch border. Top with vegetables and Parmesan cheese.

Together: Roll up starting at longer end. Slice into 1/2 inch pieces. Arrange on baking sheet.

Adult: Bake 18 minutes or until crust and cheese mixture is golden brown.

Food For Thought!



Ever wonder about whole wheat vs. white flour? Whole wheat flour uses all three parts of the wheat kernel, including the bran, endosperm and germ, while white flour is made mostly from the endosperm. But the most nutritious parts of a wheat kernel, including B vitamins, vitamin E, magnesium, iron and fiber live in the germ and bran, making whole wheat flour the healthier choice.

Cooking Tip of the Week

If you have time, you can make whole wheat pizza dough from scratch, but it's also typically available in the refrigerated section of your local grocery store. Look for it near the cheese.

Conversation Starter

What is the hardest decision you've ever had to make?



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