

KITCHEN KAN-DO

HEALTHY ITALIAN RECIPES

USU Student Health & Wellness Center and Lee's Marketplace

All ingredients for these recipes are available at Lees' Marketplace 555 E 1400 N Logan, UT

QUICK AND EASY WHOLE WHEAT PIZZA

Crust:

2 cup whole wheat flour
1 tablespoon active dry yeast
3/4 teaspoon salt
1 cup warm water
1 tablespoon olive oil
1 teaspoon honey

Toppings:

pasta sauce
Canadian bacon
grilled chicken
tomatoes
basil
peppers
pineapple

onion
olives
mushrooms
broccoli
spinach
mozzarella cheese

1. Pour flour into a large mixing bowl. Add yeast and salt. Mix well. Add water, oil and honey; mix well.
2. Cover with a moist cloth and place in a warm spot for 10 minutes to rise.
3. Punch down and press into a greased 14 inch pizza pan or a 10 inch pan for a thicker crust.
4. Spread sauce and other toppings on pizza crust. Bake at 425 degrees for 15 to 20 minutes or until crust is golden brown and cheese is melted.

BRUSCHETTA

8 tomatoes, diced
1/4 cup chopped fresh basil
2 cloves garlic, minced

1 tablespoon balsamic vinegar
1 tablespoon olive oil
1/4 teaspoon each salt & pepper

1 loaf bread, sliced & toasted

1. In a bowl, toss together the tomatoes, basil, and garlic.
2. Mix in the balsamic vinegar, olive oil, salt, and pepper. You can also use Italian salad dressing in place of the balsamic vinegar and olive oil. Serve on toasted bread slices.

VEGETABLE LASAGNA

9 lasagna noodles, cooked, drained
1 bag frozen vegetables (Italian or Mediterranean style)
1 box frozen spinach, thawed & drained
1 (32 oz.) carton ricotta cheese

1/2 cup grated Parmesan cheese
1/2 cup grated mozzarella cheese
1/2 teaspoon Italian seasoning
1 jar spaghetti sauce

1. Combine the spinach and vegetables (these can be blended quickly to make more of a puree), ricotta, Parmesan cheese, and herbs.
2. In a 9 x 13 inch pan, layer ingredients in the following order: sauce, noodles, and cheese and vegetable mixture.
3. Repeat and top with noodles, sauce, and a sprinkling of Parmesan and mozzarella cheese. Bake 30 minutes at 350 degrees.

ITALIAN SODAS

Ice
Club soda

Fat-free half-and-half
Sugar-free flavored syrups (found on the coffee isle)

1. Place a few ice cubes in each cup. Add a few splashes of syrup to each glass, about 1/4 of the cup.
2. Fill each up about 3/4 full with club soda. Add a splash of half-and-half and watch it fizz. Stir with a straw. Enjoy!