

# INDIVIDUAL PIZZAS

## Advanced Preparation:

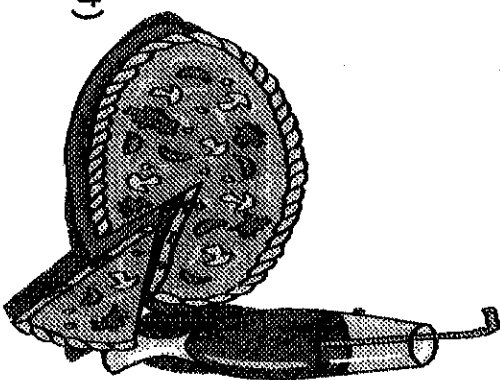
For each student, place 1 Rhodes dinner roll in a plastic baggie and place in the refrigerator to thaw overnight.

## Ingredients per student:

- 1 Rhodes dinner roll
- 1 tbsp. pizza sauce
- 1/2 oz. sliced pepperoni
- 2 tbsp. grated cheese
- non-stick cooking spray

## Utensils and Supplies:

- rolling pin    baking sheet (one per unit)
- fork           sharp knife
- grater        measuring spoons



- Directions:**
1. Heat oven to 400°F
  2. Spray baking sheet with non-stick cooking spray
  3. Roll thawed roll dough to a 5" circle and place on the baking sheet.
  4. Poke dough in several places with a fork.
  5. Bake at 400°F for 5 minutes. Meanwhile, prepare toppings: grate cheese and slice pepperoni.
  6. Remove pizza from oven. Cover with pizza sauce, pepperoni and cheese.
  7. Return to oven and bake 10-12 minutes.

## ABOUT PIZZA:

The Italian word "pizza" loosely translated means "flattened" or "pie". It is simply a circle of thin bread, covered with various toppings and then baked. Pizza as we know it was developed in Naples, Italy around 1000 A.D. It soon became a favorite of kings and queens who would serve it to their guests. Queen Maria Carolina, sister of Marie Antoinette, had ovens built in the forest so she could have pizza while hunting.

Italian immigrants to the United States brought pizza with them in the late 1800's. It has increased in popularity ever since.

## VARIATIONS:

1. Whole wheat dough for the crust
2. Mexican: salsa, hamburger, chiles, cheese
3. Bacon cheeseburger: hamburger, tomato, bacon, cheese
4. Reuben: corned beef, sauerkraut, Swiss cheese
5. Breakfast: potato, ham, cheese
6. Vegetarian: tomato, broccoli, mushrooms, peppers
7. Dessert: ricotta cheese, strawberries, kaju, grapes
8. BBQ chicken: BBQ sauce, chicken, cheese

## Nutrition Facts

Serving Size	1
Amount per Serving	1
Calories	213
Total Fat	11g
Saturated Fat	0mg
Cholesterol	26g
Sodium	457mg
Total Carbohydrates	19g
Dietary Fiber	0g
Sugars	2g
Protein	10g