

Pizza in a Bag



Makes 4 (6-inch) Pizzas

Pizza in a Bag

Utensils

Plastic bag—1 gallon, sealable
Graduated dry measuring cups— 1, 1/4 cup
Liquid measuring cup
Measuring spoons— 1/8 teaspoon, 1 teaspoon,
1 tablespoon
Straight-edged knife or bowl scraper
Pastry mat, large bread board, or clean work surface
Baking sheet with parchment paper
Rolling pin
Pizza cutter
Pizza sauce
A variety of toppings
Shredded cheese

Nutrition Facts

These facts are for 1 (6-inch) pizza crust. Your choice of toppings will add color, flavor & additional nutrients.

Nutrition Facts

Serving Size (74g)
Servings Per Container

Amount Per Serving

Calories 180 **Calories from Fat 35**

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 75mg **3%**

Total Carbohydrate 31g **10%**

Dietary Fiber 2g **8%**

Sugars 1g

Protein 5g

Vitamin A 0% • Vitamin C 4%

Calcium 0% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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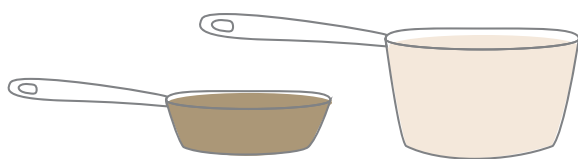
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Pizza in a Bag

Remember to wash your hands and remove jewelry.

Heat oven to 425°F.

Measure flour _____



Spoon all-purpose (1 cup) and whole wheat (1/4 cup) flours lightly into dry ingredient measuring cups. Level off with bowl scraper. Don't shake or tap cup.

In plastic bag _____
combine

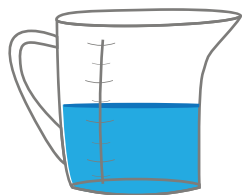


***Tip- Teaspoon is small...*

1 cup all-purpose flour
1/4 cup whole wheat flour
1 teaspoon fast-rising yeast
1 teaspoon sugar
1/8 teaspoon salt

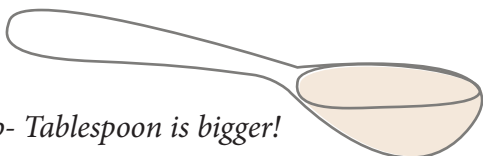
Close bag and shake it!

Measure in
liquid measuring _____
cup



1/2 cup warm water, at eye level;
120-130°. Add water to bag.

Measure _____



***Tip- Tablespoon is bigger!*

1 tablespoon oil, add to bag.

Close bag. Work bag with fingers 1 to 2 minutes until mixture forms dough.

Pizza in a Bag

Then add _____

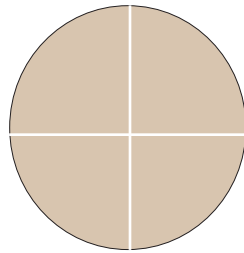
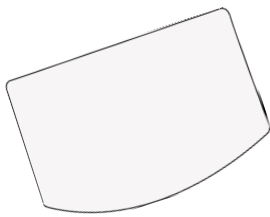
1 to 2 tablespoons all-purpose flour to form dough that pulls away from side of bag.

Knead dough _____

Work dough in bag with your hands in a folding-back and pressing forward motion for 1 to 2 minutes.

Remove dough to pastry mat or clean work surface _____

Using bowl scraper, divide dough into four equal pieces.



Pat or roll dough _____

Roll into 6-inch circles about 1/4 inch thick.

***Tip: If dough springs back, cover with plastic wrap and let dough rest 5 minutes.*

Place dough on parchment lined _____
baking sheet

Top with 1-2 tablespoons pizza sauce, toppings and cheese.

Write your name by your pizza.

Bake 10-15 minutes, or until lightly browned.

Slice with pizza cutter and serve hot with lettuce salad, fruit and milk.