



Don't be blah.®

PEPPERONI PIZZA WITH PEPPERS

Use NETW as inspiration to commit to an activity together that takes you beyond the table, too. First, start in the kitchen by preparing an easy meal that kids can help with, like Pepperoni Pizza with Peppers. Smaller hands can add the toppings after moms and dads chop 'em. Don't be afraid to try new toppings either, such as chopped bacon or even pulled pork. Serve pizza wedges with a lightly dressed tossed salad.

2 oz. thinly sliced pepperoni
1 10-oz. refrigerated pizza crust
Cornmeal
1 teaspoon oil
1 medium onion, thinly sliced
1 green bell pepper, seeded and thinly sliced (or 1/2 each red and green bell peppers)
1/2 cup pizza sauce
1 cup (4 oz.) shredded cheese for pizza (blend of mozzarella, provolone, Parmesan and Romano)

Heat oven to 450 degrees F. Grease a pizza pan, sprinkle lightly with cornmeal and press crust into pan. Bake 6-8 minutes until lightly browned.

Meanwhile, heat oil in large nonstick skillet and sauté onion and pepper until soft.

Spread sauce over pizza crust; top with vegetables, pepperoni and cheese, spreading evenly.

Bake for 10-12 minutes more or until edge of crust is golden brown and cheese is lightly browned.

Makes 4 servings.

Calories: 410
Cholesterol: 25mg
Protein: 22g

Fat: 19g
Sodium: 830mg
Fiber: 2g

Saturated Fat: 9g
Carbohydrates: 38g