



Home on the Range

Pizza Any Way You Slice It

Pizza is one of America's most popular foods, and just like the Americans who love it, pizza's ethnic and regional variations are boundless, with endless combinations of ingredients.

Some people prefer pizza loaded with pepperoni, sausage, ground beef, and every vegetable imaginable. Others prefer only cheese toppings. More adventurous eaters like exotic toppings such as crayfish, oysters, dandelions, artichoke hearts, pineapples, and Reuben pizza made with sauerkraut, sausage, and Thousand Island dressing.

Reports are that more than 3,710,750,000 pounds of tomatoes are used annually to make pizza, but white pizza, made without tomatoes, is available for those who either don't like tomatoes or like to try something differently occasionally.

Some like thin crusts, others thick crusts.

If you make your own pizza, you can make it any way you like it. Make crusts ahead of time and freeze. That way, whenever your hungry for pizza, simply remove from the freezer, top with your favorite toppings and bake. Quick and popular ideas for crusts include English muffins, bagels, pita bread, refrigerated and frozen doughs, and croissants.

Pizza is no longer unjustly considered junk food. It can be part of a well-balanced diet. Cheese contains all the nutrients of milk and ounce for ounce it's even more nutrient packed. A quarter of a 14-inch cheese pizza with enriched crust provides 354 calories, and daily recommended amounts of about 28 percent protein, 19 percent vitamin A, 20 percent vitamin C, 25 percent vitamin B1, 30 percent vitamin B2, 19 percent niacin, 33 percent of calcium, and 15 percent iron.

In recent years, fruit and vegetable pizzas (served cold) have also gained popularity. These are made quite differently than traditional pizzas. Some of these recipes are included in today's selection.

The following recipes celebrate our readers' pizza favorites. Enjoy!

QUICK MINI-PIZZAS

Take enough sliced bread for your family. Place on baking sheet. Spoon on pizza sauce and ground beef (that has been browned with salt and pepper). Top with grated cheese or any of your favorite pizza toppings. Bake until hot and enjoy.

Marian Zimmerman

WHITE PIZZA

12-inch pizza shell
Bechamel (white) Sauce:
1½ teaspoons butter
1½ teaspoons flour
½ teaspoon chicken bouillon
½ cup milk

Heat butter and flour in heavy bottom sauce pan until bubbly. Stir continually and add bouillon mixed in milk. Heat and stir until thickened.

Toppings:
½ cup chopped onion sauteed with ½ cup bell pepper in 1 tablespoon oil.

1 cup broccoli, chopped
¾ cup mozzarella cheese
Spread bechamel over shell using only enough to thinly cover. Distribute onion, bell pepper, and broccoli on top and sprinkle with grated or shredded cheese.

If frozen broccoli is used, thaw and drain excess moisture or use fresh and blanch 3 minutes.

Bake at 375 degrees for 15 to 20 minutes.

Wanda Champlon
Troy, WV

FRUITY PIZZA DESSERT

15-ounce box sugar cookie mix
1 egg
¼ cup water
8-ounces cream cheese, softened
½ cup confectioners' sugar
1 tablespoon lemon juice
1 cup water with 2 tablespoons lemon juice

3 large bananas
4 kiwi fruits
1 quart strawberries, halved
½ pound seedless grapes

Preheat oven to 375 degrees. Grease 14-inch pizza pan with butter-flavored vegetable shortening and sprinkle with granulated sugar.

In a large bowl, combine the sugar cookie mix with egg and ¼ cup water. Pat the dough on to the prepared pan. Bake 10 to 15 minutes. Cool for 30 minutes.

Cream together cream cheese and confectioners sugar until smooth and creamy. Beat in lemon juice. Spread mixture over the cookie crust. Chill 30 minutes.

Mix water and lemon juice, slice bananas into the mixture before laying on cream cheese. Layer other fruits around the top of the pizza, starting at the outer edge and working toward the middle. Yields 8 to 12 servings.

B. Light
Lebanon



Americans love pizza. Its ethnic and regional variations are boundless, with endless combinations of ingredients. But most pizza eaters agree: Cheese and mushrooms are perfect on pizza.

GREEK MUSHROOM PITA PIZZA

4 (5-inch) pita breads
1 tablespoon olive oil
4 cups fresh white mushrooms
½ cup chopped onion
½ cup diced plum tomatoes
1½ cups shredded mozzarella cheese

6-ounce can solid white tuna in water, drained and flaked
¼ cup sliced, pitted black olives
½ cup crumbled feta cheese
Preheat oven to 450 degrees. On a baking sheet place pitas; bake until lightly toasted, about 5 minutes; set aside. In a large skillet, heat oil until hot. Add mushrooms and onion, cook, stirring occasionally, until most of the liquid evaporates, about 5 minutes. Add tomato; cook, stirring occasionally, until softened, about 3 minutes; set aside.

Sprinkle each pita with ¼ cup mozzarella then equal amounts of tuna, olives, and feta; sprinkle with remaining mozzarella, dividing evenly. Bake until cheese is melted, about 7 minutes. Serve immediately sprinkled with oregano leaves and crushed red pepper, if desired. Yield: 4 portions.

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Featured Recipe

How do you like your pizza?

Loaded with cheese?

Thin crust or fat?

Traditional toppings or something a bit more exotic such as crayfish or artichokes?

Most people stick with their favorites. That's fine, but occasionally be a bit more adventuresome. Maybe you aren't into something as risky as crayfish, but many of today's selection of "Home On The Range" pizza recipes are tried and true favorites of our readers and may be just your taste.

Remember, pizza is one of the easiest recipes with which to experiment. You can add or subtract as many toppings as you like. Use your favorite pizza recipe, but add another topping or two.

Here is a recipe that is traditional yet introduces the wonderful flavor of sundried tomatoes.

TWO CHEESE AND MUSHROOM PIZZA

10- or 16-ounce Italian bread shell
2½ cups fresh white mushrooms, sliced, divided
1 cup shredded fontina or mozzarella cheese
½ cup thinly sliced green bell pepper
¼ cup drained, chopped oil-packed sundried tomatoes
¼ cup thinly sliced sweet onion
½ cup grated parmesan or asiago cheese

Preheat oven to 450 degrees. On a 12-inch pizza pan, place bread shell. Arrange half the mushrooms in a single layer; sprinkle with fontina. Top with green pepper, tomatoes, onion, and remaining mushrooms. Sprinkle with parmesan. Bake until hot and cheese is melted, about 10 minutes. Yield: 4 portions.

Additional toppings: Chopped fresh basil; frozen chopped broccolic or spinach thawed.

Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date listed below.

February	6 - Valentine Sweets
	13 - Heart Healthy Recipes
	20 - One Dish Dinners
	27 - Potato Lovers Month