



Walk Kansas
for Kids!

K-STATE
Research and Extension

Wally's Way Pizza

Makes 12 servings

Ingredients:

- ½ jar (or 7 ounces)
pizza sauce
- 1 pre-made 12 inch
thin crust pizza
- ½ cup chopped green pepper
- ½ cup sliced fresh mushrooms
- ¼ cup chopped or sliced onions
- 15 slices of turkey pepperoni
(other toppings may be used but would
change the nutritional facts)
- 1 cup shredded part-skim mozzarella
cheese



Directions:

1. Preheat oven to 450 degrees.
2. Spread sauce evenly over unbaked pizza
crust.
3. Layer, green pepper, mushrooms onions,
and turkey pepperoni evenly over sauce.
4. Cover with shredded cheese.
5. Bake 8 to 10 minutes or until cheese is
melted and crust lightly browned.
6. Refrigerate leftovers

Nutrition Facts: Each slice provides
90 Calories, 35 Calories from Fat,
4g total Fat, 2g Saturated Fat, 0g Trans Fats,
15mg Cholesterol, 250mg Sodium,
7g Carbohydrate, 1g Dietary Fiber,
1g Sugar, 6g Protein, 15% Calcium, 4 % Iron