

EAT PIZZA, LOSE WEIGHT

TRANSFORM THIS JUNK-FOOD FAVOURITE INTO DIET-FRIENDLY FARE WITH THESE THREE TASTY, EASY-TO-MAKE RECIPES.

BY VICTORIA ABBOTT RICCARDI PHOTOGRAPHY BY QUENTIN BACON

PIZZA IS A DIET TABOO for many health-conscious women, but not all slices are created equal. Beyond those calorie-laden pies lies a world of healthy options, like the recipes here. A crispy wholegrain crust holds the perfect amount of fresh veggies, with a little meat or cheese for added flavour. One pizza features onions and prosciutto but no cheese; the other two tantalise with vegetables and cheese, but no meat. As each piece has about half the calories of a restaurant-style pizza, it's good news no matter how you slice it.

GREEK-STYLE PIZZA WITH RICOTTA AND FETA

Using reduced-fat (or part-skim) ricotta helps keep the fat and cholesterol in check, while tangy feta adds a pungent kick.

Makes 8 slices

Prep time: 20 minutes

Cook time: 20 minutes

Cornmeal for sprinkling
1 tsp olive oil
1 cup chopped fennel
1 280g pack of chopped, frozen spinach – thawed
Salt and freshly ground black pepper to taste
One 36cm (14 inches) wholegrain pizza crust or store-bought pizza dough
¾ cup fat-free prepared marinara sauce
½ cup reduced-fat ricotta cheese
85g crumbled feta cheese (about ¾ cup)
4 plum tomatoes, chopped
¼ cup chopped fresh mint

To prepare

● Place a pizza stone on middle oven rack, turn oven to 260 deg C, and let stone heat

for 20 minutes. (Alternately, use a baking sheet sprinkled with cornmeal; preheat oven but not sheet to 260 deg C.) If you're using a stone, liberally sprinkle a wooden peel or baking sheet with cornmeal.

● Meanwhile, heat oil in a large, non-stick skillet over medium-high heat. Add fennel and saute for 5 minutes; reduce heat to low. Squeeze spinach to remove excess water and stir in fennel. Season with salt and pepper.

● On a lightly floured clean surface, roll dough to form a 36cm circle. Transfer to prepared peel or baking sheet and slide dough onto heated pizza stone – or just transfer to baking sheet – and cook for 5 minutes. Remove pizza stone or sheet from oven to add toppings.

● Spread sauce over crust. Arrange fennel-spinach mixture evenly over red sauce. Spoon tiny dollops of ricotta over fennel-spinach mixture. Sprinkle with feta and bake for 12 to 15 minutes more, or until edges are golden.

● While pizza cooks, place tomatoes and mint in a bowl and toss to combine. Scatter mixture over pizza before cutting it into 8 slices, and serve.

Nutrition score per serving (1 slice):

176 calories, 4g fat (23 per cent of calories), 2g saturated fat, 27g carbs, 7g protein, 3g fibre, 128mg calcium, 2g iron, 381mg sodium



This delicious Greek-style pizza is made with reduced-fat ricotta and tangy feta.



GRILLED CARAMELISED-ONION PIZZA WITH ROSEMARY, OLIVES, AND PROSCIUTTO

The crust cooks right on the grill and gets the same smoky flavour as pizzas made in wood-burning ovens.

Makes 8 slices

Prep time: 25 minutes

Cook time: 20 minutes

Cornmeal for sprinkling

1 tsp olive oil

2 large red onions, halved and thinly sliced

2 tbsp chopped fresh rosemary

3 cloves garlic

Salt and freshly ground black pepper to taste

One 36cm wholegrain pizza crust or store-bought dough

20 pitted, oil-cured black olives, coarsely chopped

60g thinly sliced prosciutto, torn into small pieces

¼ cup reduced-fat sour cream

To prepare

● Heat grill to medium. Alternately, place a pizza stone on the middle

oven rack, turn oven to 260 deg C and heat stone for 20 minutes (or use a baking sheet sprinkled with cornmeal; preheat oven but not sheet to 260 deg C). If grilling or using a stone, generously sprinkle a wooden pizza peel or baking sheet with cornmeal.

● Meanwhile, heat oil in a large non-stick skillet over medium-high heat. Add onion and rosemary; saute for 10 minutes. Reduce heat to low, add garlic, and continue cooking, stirring occasionally for about 10 minutes, or until onions are soft and caramelised. Season with salt and pepper.

● On a lightly floured clean surface, roll dough to form a 36cm circle. If you're grilling, transfer it to a prepared peel or sheet, then gently lift and slide dough onto grill grates (dough will not slide through the grates). The dough will immediately stiffen and begin to brown; cook for 2 minutes. Turn over and cook until bottom side stiffens but doesn't brown, about 1 to 2 minutes. Transfer crust back to peel or sheet (with the more-cooked side facing up) to add toppings. If you're baking, slide dough onto a

wholegrain pizza crust

If you're short on time, you can use store-bought dough, or you can try this easy recipe. Use one portion and freeze the other, thawing it overnight in the refrigerator before using.

Makes two 36cm round pizza crusts

Prep time: 8 minutes (plus 20 minutes resting time)

1½ cups warm water, divided

1 tbsp active dry yeast

1 tsp pure maple syrup

2 cups all-purpose flour

1 cup wholewheat flour

¾ tsp coarse salt

2 tsp olive oil

To prepare

● Place ½ cup of warm water in a glass measuring cup. Stir in yeast and maple syrup; let sit for 5 minutes or until foamy.

● Place all-purpose and wholewheat flour in a food processor fitted with a metal blade. Add salt and pulse to combine. With machine running, pour in yeast mixture, followed by remaining 1 cup of water and oil. Continue processing until dough forms a smooth ball. Process for 1 minute more to knead.

● Transfer dough to a lightly floured surface, dusting with a bit more flour if dough is sticky. Place a sheet of wax paper over dough and let it rest for 20 minutes. Divide dough in half and use one portion for one of the pizzas here. Freeze remaining portion by placing dough in centre of a zip-top bag and flattening slightly before squeezing out excess air and placing in freezer.

Nutrition score per serving

(1 slice): 88 calories, <1 g fat (9 per cent of calories), <1g saturated fat, 18g carbs, 1g protein, 1g fibre, 6mg calcium, 1mg iron, 110mg sodium

heated pizza stone, or onto baking sheet and cook for 5 minutes. Remove stone or sheet from oven to add toppings.

- Scatter onions and olives over pizza. If you're grilling, slide pizza back onto grill and cook for 6 more minutes. If you're baking, cook pizza for more 10 minutes, or until edges are golden.
- Next, scatter prosciutto over onions and olives, and grill or bake for 2 to 3 minutes more. Transfer grilled pizza to peel or sheet, or remove pizza from oven. Dab small spoonfuls of sour cream all over pizza, spreading them slightly with the back of a spoon. When sour cream begins to melt, cut pizza into 8 slices and serve.

Nutrition score per serving (1 slice): 162 calories, 5g fat (31 per cent of calories), 1g saturated fat, 23g carbs, 4g protein, 2g fibre, 29mg calcium, 1g iron, 324mg sodium

GOAT CHEESE PIZZA WITH VEGETABLES AND TOASTED PINE NUTS

If you can't find escarole (or you don't like it), you can substitute fresh spinach; the flavour will be milder, but the greens are equally nutritious.

Makes 8 slices
Prep time: 20 minutes
Cook time: 20 minutes

Cornmeal for sprinkling
2 tsp olive oil, divided

250g asparagus, bottoms trimmed, cut into 2.5cm pieces
¼ tsp red pepper flakes
1 medium yellow pepper, cored, seeded, and thinly sliced
6 cups packed, chopped escarole, rinsed and spun dry
One 36cm wholegrain pizza crust or store-bought dough
2 tbsp grated Romano
85g crumbled aged goat cheese (about ¾ cup)
2 tbsp pine nuts, toasted
¼ cup torn fresh basil leaves

To prepare

- Place a pizza stone on middle oven rack and turn oven to 260 deg C. Heat pizza stone for at least 20 minutes. (You can also use a baking sheet sprinkled with cornmeal; preheat oven but not sheet to 260 deg C). If you're using a stone, sprinkle a wooden peel or baking sheet with cornmeal.
- Meanwhile, heat 1 teaspoon of oil in a large non-stick skillet over medium-high heat. Add asparagus, red pepper flakes, and yellow pepper. Saute for 5 minutes; transfer to a small bowl. Place same skillet over medium-high heat. Add remaining 1 teaspoon oil, then the escarole. Cook greens, stirring constantly, for 5 minutes, or until wilted but not brown. Stir in asparagus mixture.
- On a clean, lightly floured surface, roll dough to form a 36cm circle. Transfer to prepared peel or baking sheet and slide dough onto heated pizza stone – or just transfer to baking sheet – and cook for 5



This goat cheese pizza is chock-full of nutritious vegetables.

minutes. Remove stone or sheet from oven to add toppings.

- Arrange escarole mixture evenly over crust. Sprinkle Romano cheese over vegetables, followed by goat cheese and pine nuts. Bake pizza for 12 to 15 minutes more, or until edges are golden. Remove from oven and top with basil. Let pizza cool slightly before cutting into 8 slices and serving.

Nutrition score per serving (1 slice): 194 calories, 8g fat (38 per cent of calories), 3g saturated fat, 23g carbs, 7g protein, 4g fibre, 146mg calcium, 2mg iron, 172mg sodium

two essential tools for crusty pizza

Homemade pizza is easy to make if you have these two inexpensive pieces of kitchen equipment; they're available at most houseware and gourmet cookware stores.

A PIZZA PEEL Traditionally made of wood, but now also available in aluminium, this spatula-like tool helps you transfer your pizza to and from a pizza stone or grill. Dust it with cornmeal first to help the dough slide off.

A PIZZA STONE The best way for home cooks to achieve a crispy crust is to cook pizza on a very hot stone. The smooth, porous surface absorbs heat and distributes it evenly (far better than a baking sheet).



Wooden pizza peel (\$29.10) and pizza stone (from \$27), both from [Pantry Magic](http://PantryMagic.com). Log on to pantry-magic.com for details.