

I wanted all of you to be aware of the release of the new food guidance system this morning. It is still a pyramid format, although this one has a very different look and orientation. Check it out for yourself at www.mypyramid.gov. It incorporates the messages of the dietary guidelines released in January 2005. Key among these are the encouragement to consume more fruits and vegetables, more whole grains, alternative nutritious proteins sources such as fish, nuts and beans, and daily physical activity.

In keeping with these messages, this week's recipe is a healthier version of a food most of us love dearly...pizza! It's a food that combines several food groups in one dish. Putting together your own can be quicker, cheaper and much healthier than ordering carry out. You can use your creativity in selection of the toppings. Don't be limited by what the pizza chains offer-think outside the box! My husband and I make homemade pizza regularly and our favorite combination is clams, mushrooms, black olives and artichoke hearts with feta cheese. I've had Southwestern style pizzas with corn, colorful peppers and black beans. Think beyond boring and basic pepperoni and keep the new dietary guidelines in mind as you create your very own original pizza. Here's a recipe full of antioxidants and healthy fats to get you started!

Greek-style Pizza

4 servings

2 tsp. olive oil

1 (6 ounce) bag prewashed baby spinach

1 Italian pizza crust, such as Boboli (or make your own dough and include some whole grain!)

3/4cup tomato sauce

1/2 cup crumbled feta cheese (herbed or plain)

1/2 tsp. freshly ground pepper

1 (2 and 1/4 ounce) can sliced ripe black olives, drained

Preheat oven to 425 degrees. Heat oil in large nonstick skillet over medium-high heat. Add spinach; sauté 3 minutes or until lightly wilted. Place pizza crust on a baking sheet. Spread sauce over pizza crust, leaving a half inch border. Top with baby spinach, feta cheese, pepper and olives. Bake at 425 degrees for 15 minutes or until thoroughly heated.

Per serving=271 calories, 11 g fat (4 g sat fat), 10 g protein, 4 g fiber, 17 mg cholesterol, 989 mfg sodium, 216 mg calcium

Eat healthy and enjoy!

Sally

Sally Barclay, MS RD LD
Nutrition Clinic for Employee Wellness
Iowa State University
Food Science and Human Nutrition Department
132B MacKay Hall
294-9625
barclay@iastate.edu