

Ingredients

1 cup soft flour

1 cup strong flour

2 tablespoons olive oil

1/2 teaspoon salt

1/2 cup water

Pizza sauce

2/3 cup Shredded cheese

*Sliced onions

*Tomatoes cut into small pieces

*Green peppers cut into small pieces

5 tablespoons tomato puree

1 tablespoons olive oil

1 teaspoon basil

1 teaspoon oregano

1/2 teaspoon salt

pepper

Instructions

1. First make the dough. Put flour, olive oil and salt in a large bowl.
2. Add water little by little and mix until all are well blended.
3. Knead the dough for few minutes until it is smooth and elastic.
4. Cover the bowl with plastic wrap and refrigerate for 10 minutes.
5. Preheat the oven to 250 degrees C.
6. Roll the dough into thin circles on a cutting board.
7. Add a little olive oil ,pizza sauce, onions, tomatoes, green peppers and shredded cheese.
8. Place each pizza on baking sheet and bake for about 12 minutes or until cheese is melted and crust is golden brown.

第	回	エコ目標	盛付・配膳図	
月	日			
ねらい	1.	1食分の価格 円		
	2.			
	3.			

☆献立名 ()	(作り方)
材料	分量 (人分)

調理上のポイント	
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感想・反省	
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研究・実践	
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食事バランスガイド

今回食べたものに色を塗ってみよう。

あなた の 適量	今回 食べた 量
主 食	<input type="checkbox"/> っ — <input type="checkbox"/> っ
副 菜	<input type="checkbox"/> っ — <input type="checkbox"/> っ
主 菜	<input type="checkbox"/> っ — <input type="checkbox"/> っ
牛 乳 乳 製 品	<input type="checkbox"/> っ — <input type="checkbox"/> っ
果 物	<input type="checkbox"/> っ — <input type="checkbox"/> っ

検印