



WHY FIT GUYS CAN STILL EAT PIZZA

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pizza

WHAT'S NOT TO LOVE about this Italian export? Other foods, you eat. Pizza, you experience. Devouring a slice is a process that involves all the senses: the aroma coming from the oven, the sight of the molten cheese, the feel of the cornmeal-dusted crust in your hands, the sound of the crunch as you bite into it. And, of course, the taste—that unparalleled combo of dough, sauce, herbs, and cheese.

BUT CAN IT BE GOOD FOR YOU?

Pizza may often be classified as junk food, but it doesn't have to be. The basic ingredients of pizza all have healthy potential. It's only when you go overboard on toppings or the amount you eat that pizza earns its bad rap. To keep a pizza lean, all you've got to do is keep it simple:

Order the whole-grain crust. Whole grains are high in fiber, which helps you feel fuller—and thereby limits or prevents overeating. It also keeps your digestive system running smoothly and may reduce your risk of stroke, heart disease, and type-2 diabetes. Opt for a

thin crust, as well—even if it's made with whole grains, a thicker crust boosts your slice's total calorie count.

Load up on sauce. Known for its ability to reduce the risk of prostate cancer, tomato sauce is also an excellent source of vitamin C. Ask for extra sauce on your pizza, or even some on the side to dip your crust into.

Don't OD on cheese. Yes, cheese is all kinds of creamy goodness, and we'd never tell you to eat your pizza without it. However, that doesn't mean it's OK to order a pizza with cheese stuffed into every

possible nook and cranny. Stick with a single layer of cheese on top of the pizza, though, and it can actually be good for you. That's because getting a bit of extra calcium every day may actually help keep you lean. According to a study in the journal *Obesity Research*, men and women who cut calories but added dairy foods high in calcium to their diet lost 70% more weight over 24 months than people who only dieted.

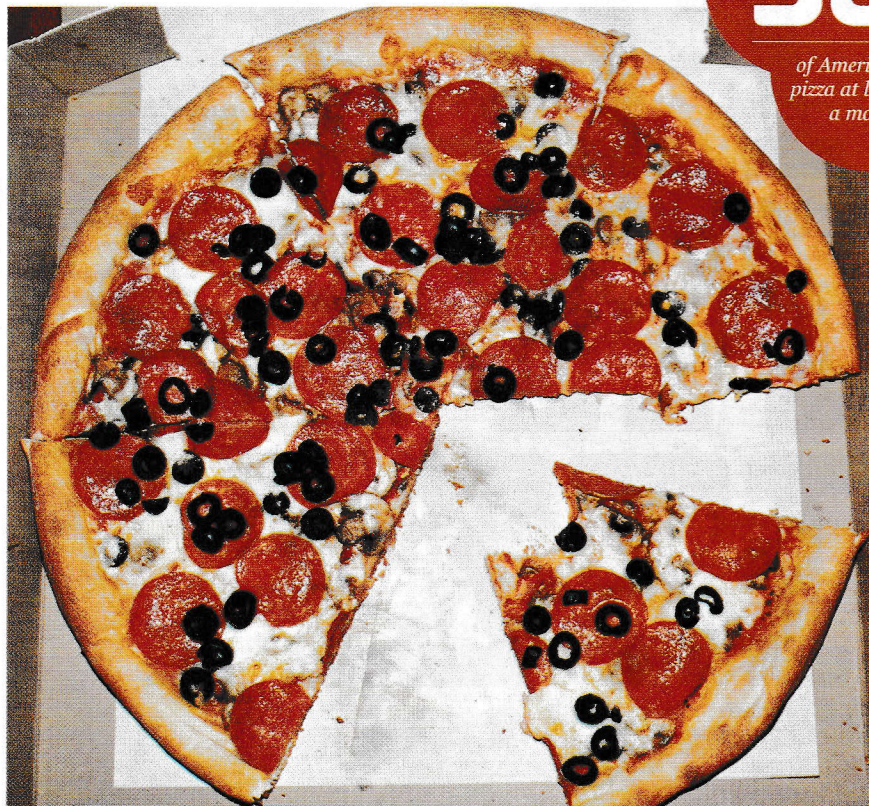
Order smarter toppings. Pepperoni may be the most popular pick, but it's certainly not the healthiest. If you're craving meat, try turkey pepperoni or Canadian bacon. Or, for an even better option, have your meat of choice added to the top of a veggie pizza. Realistically, you won't be getting a ton of vegetables on top of two slices, but every little bit helps, and it's certainly a wiser alternative to sausage and extra cheese.

Always get a side. Before you dig into any pizza, dive into a side salad full of as many colors as you can cram into the bowl: dark, leafy greens such as spinach; red, yellow, or orange peppers;

yellow chickpeas. Top it with a lean dressing, and you've got a dish that will not only boost the nutritional value of any meal but also help you feel fuller—meaning you may just be able to resist that extra slice.

93%

of Americans eat pizza at least once a month.



THROW ON AN APRON

Whether you're just bored with Pizza Hut or Domino's or are looking for a leaner, more guilt-free option, you may want to consider making your own pie. It's easier than it sounds. . . .

Plan ahead. Make the dough the day before you need it. (For an easy recipe, see "D.I.Y." on page 103.) Or buy a ball of premade dough from a local shop.

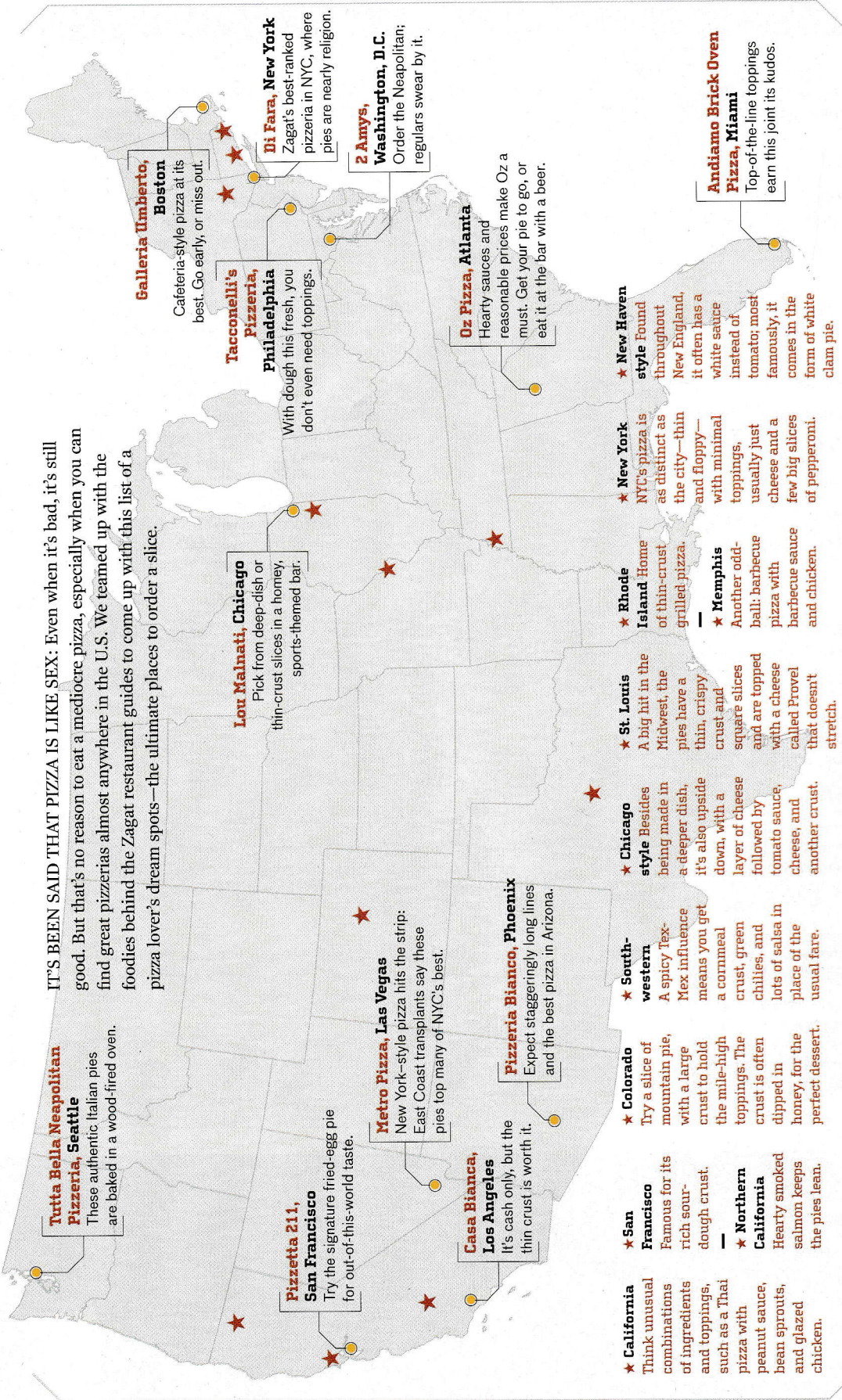
Turn up the heat. Crank your oven as high as it will go. It won't come close to the 800 degrees of a commercial pizza oven, but maxing out your oven's temp will maximize your crust's crunchiness.

Use a pizza stone. Pizzerias bake their pies directly on the oven rack, but for home ovens, a pizza stone is the best way to let heat radiate into the dough. You can get one starting around \$10.

Americans eat approximately **100 acres** of pizza each day, or 350 slices per second.

12 MUST-TRY PIZZA STOPS

Plus some regional faves every guy should experience at least once in his life. (Delivery's on you.)



Tutta Bella Neapolitan Pizzeria, Seattle
These authentic Italian pies are baked in a wood-fired oven.

Pizzetta 211, San Francisco
Try the signature fried-egg pie for out-of-this-world taste.

Casa Bianca, Los Angeles
It's cash only, but the thin crust is worth it.

Metro Pizza, Las Vegas
New York-style pizza hits the strip: East Coast transplants say these pies top many of NYC's best.

Pizzeria Bianco, Phoenix
Expect staggeringly long lines and the best pizza in Arizona.

Colorado
Try a slice of mountain pie, with a large crust to hold the mile-high toppings. The crust is often dipped in honey, for the perfect dessert.

San Francisco
Famous for its rich sour-dough crust.

Northern California
Hearty smoked salmon keeps the pies lean.

Southern western
A spicy Tex-Mex influence means you get a cornmeal crust, green chilies, and lots of salsa in place of the usual fare.

Chicago style
Besides being made in a deeper dish, it's also upside down, with a layer of cheese followed by tomato sauce, cheese, and another crust.

St. Louis
A big hit in the Midwest, the pies have a thin, crispy crust and square slices and are topped with a cheese called Provel that doesn't stretch.

Rhode Island Home
Another odd-ball: barbecue pizza with barbecue sauce and chicken.

Memphis
Barbecue sauce and chicken.

New York
NYC's pizza is as distinct as the city—thin and floppy—with minimal toppings, usually just cheese and a few big slices of pepperoni.

New Haven style
Found throughout New England, it often has a white sauce instead of tomato; most famously, it comes in the form of white clam pie.

Andiamo Brick Oven Pizza, Miami
Top-of-the-line toppings earn this joint its kudos.

Galleria Umberto, Boston
Cafeteria-style pizza at its best. Go early, or miss out.

Tacconelli's Pizzeria, Philadelphia
With dough this fresh, you don't even need toppings.

Di Fara, New York
Zagat's best-ranked pizzeria in NYC, where pies are nearly religion.

2 Amys, Washington, D.C.
Order the Neapolitan; regulars swear by it.

Oz Pizza, Atlanta
Hearty sauces and reasonable prices make Oz a must. Get your pie to go, or eat it at the bar with a beer.

Pizza in
1:00

Don't have a frozen pizza on hand? We got George Duran, host of the Food Network's *Ham on the Street*, to provide us with this recipe for White Pesto Pizza, which can be thrown together in minutes. "The pesto-and-ricotta mixture is the secret to this low-fat recipe," he says. "The ricotta makes it creamy, while the pesto gives it a great herbal flavor." And since the whole-wheat tortilla is low in carbs and packed with fiber, it makes an ideal alternative to a traditional crust.

- 2 tbsp fat-free ricotta cheese
- 1 tbsp jarred pesto
- 1 whole-wheat flour tortilla
- 1 clove garlic, minced
- 1 tomato, diced
- ½ cup part-skim mozzarella cheese











TO MAKE: [1] Mix ricotta and pesto, and spread on tortilla. [2] Add garlic, tomato, and mozzarella. [3] Place tortilla on aluminum foil and bake at 350 degrees. [4] Let cook for 6 to 8 minutes or until cheese is bubbly.

36%

of all pizzas ordered are topped with pepperoni.

THE FROZEN PIZZA FACE-OFF

Which frozen pizza tastes best and is also the best for you? We tried them all to find out. . . .

BRAND	NUTRIENTS	PORTION SIZE	WORTH BUYING?
AMY'S 	300 calories , 10 g protein , 36 g carbs , 13 g fat , 1 g fiber	1/3 pizza (151 g)	Don't turn up your nose at Amy's just because it's organic. The company's Veggie Combo is a pleasant surprise, with a crisp, tasty crust and ample grilled onions and peppers.
CALIFORNIA PIZZA KITCHEN 	310 calories , 17 g protein , 30 g carbs , 14 g fat , 2 g fiber	1/3 pizza (120 g)	It's true CPK has possibly the best toppings of all the pizzas we tried, but the pies themselves are small and not at all filling—think appetizer, not main course.
CELESTE 	410 calories , 15 g protein , 42 g carbs , 21 g fat , 5 g fiber	1 small pizza (188 g)	Exactly what you'd expect in a cheapo pie: The toppings are sparse, and the crust tastes more like bread than dough. Still, it gets the job done in a pinch. . . .
DIGIORNO MICROWAVE THIN CRISPY CRUST 	320 calories , 17 g protein , 38 g carbs , 11 g fat , 2 g fiber	1/2 pizza (140 g)	A definite disappointment. Pop the pizza into the microwave and you end up with a gummy, doughy mess. Of the pies we tried, this was easily the worst. Avoid at all costs.
DIGIORNO THIN CRISPY CRUST 	310 calories , 15 g protein , 32 g carbs , 13 g fat , 3 g fiber	1/3 pizza (141 g)	Infinitely better than the microwave variety, DiGiorno's regular rising-crust pie is as close to authentic restaurant-style pizza as you can get in the freezer case.
FRESCHETTA 	350 calories , 16 g protein , 41 g carbs , 14 g fat , 2 g fiber	1/3 pizza (140 g)	A tomato lover's dream. Freschetta's sauce is excellent, with lots of spices and fresh-from-the-vine flavor. Although obviously processed, the "sausage" topping is also delish.
JENO'S 	490 calories , 17 g protein , 49 g carbs , 25 g fat , 2 g fiber	1 pizza (204 g)	On the upside, Jen's pies have loads of toppings, cheese, and sauce that go right out to the edge of the crust. Too bad that makes them higher in calories and fat.
LEAN CUISINE 	370 calories , 17 g protein , 55 g carbs , 9 g fat , 3 g fiber	1 pizza (170 g)	Ironically, this "lean" pizza has more carbs than any other brand we tried. It's also way too small to be considered a meal, even for your girlfriend.
RED BARON 	260 calories , 13 g protein , 22 g carbs , 14 g fat , 1 g fiber	1/3 pizza (125 g)	Our overall favorite: The Baron has a good balance of cheese, toppings, and sauce, plus a light, crisp—not doughy—crust. It also packs the fewest calories per slice.
STOUFFER'S FRENCH BREAD PIZZA 	430 calories , 15 g protein , 44 g carbs , 21 g fat , 4 g fiber	1/2 box (175 g)	It's not really pizza at all—just slabs of bread with some sauce and toppings thrown on top. You could do much better by just slicing up a loaf and making your own.

COUNTERCLOCKWISE FROM TOP: ANTHONY VERDE (10); GIRAUDON/ART RESOURCE, NY; GETTY IMAGES

The History of . . . Pizza

Circa 1000 A.D.: Pizza gets its start when peasants begin baking leftover, covered dough.

Late 1500s: The first known recipes for the production of mozzarella cheese begin popping up in cookbooks.

1830: Port'Alba, the world's first pizzeria, opens in Naples. The proprietor bakes pizzas in an oven lined with lava harvested from Mount Vesuvius.



Early 1500s: Spanish conquistadores bring tomatoes to Europe from the New World.

Late 1600s: Although tomatoes are feared to be poisonous, peasants in Naples are the first to add them to their pizza.

1889: Naples chef Raffaele Esposito prepares a red, white, and green pizza of tomatoes, mozzarella, and basil to honor a visit by Queen Margherita Teresa Giovanna. He names the pie the margherita.



fresh

from frozen

IF YOU DON'T HAVE time to make your own pizza, or you have no energy to order in, you may find yourself at the mercy of the frozen case. But that doesn't mean you have to resign yourself to cardboard topped with fat. Before you toss a frozen pie into the oven, bump up both the nutritional value and the taste. Here's how:

BUY THE BEST. Read the label before heading to the register. Choose a pizza with 350 to 450 calories per serving and around 10 grams of total fat, says Bethany Thayer, R.D., a spokesperson for the American Dietetic Association.

Pizza is a
\$30
 BILLION
 per-year
 industry.

WATCH THE SERVING

SIZE. It's smaller than you think. For example, a DiGiorno four-cheese pizza has six servings, each one packing 310 calories. You could eat half the pie, scarf down 900 calories, and still be semihungry.

SLASH YOUR SALT INTAKE. Most frozen pizzas are high in sodium, so keep your other food choices as low in sodium as possible. That means steering clear of things like pretzels and chips or almost any other frozen appetizer or food that comes in a can.

ADD EXTRA TOPPINGS. After you unwrap the pizza, toss some frozen peppers, mushrooms, or broccoli on the pie before popping it into the oven.

SHAKE ON SOME FLAVOR. Sprinkle on a bit of garlic or onion powder before baking your pizza. It's an easy way to add extra zip. You can also try chopping up a few cloves of garlic and covering them with extra-virgin olive oil and a splash of salt, then letting them marinate for an hour before making the pizza. Drizzle the mixture over the pizza after it comes out of the oven. Or add a little fresh Parmesan or other high-quality cheese to eliminate potential freezer flavor.



D.I.Y.

Crust

- 2½ cups whole-wheat flour
- ½ tsp sugar or honey
- 1 tsp salt
- ½ tsp instant yeast
- 1 tbsp olive oil
- ¾ cup room-temp water

MAKE IT: [1] Stir together all ingredients in a large bowl to form dough. [2] With damp hands, work dough into a coarse ball. Let rest 5 minutes; divide dough in half, form into smaller balls, and rub each with olive oil. [3] Place each ball into a ziplock bag. Let sit for 15 minutes, then toss 'em into the fridge.

SHAPE IT: [1] Remove dough from fridge 2 hours before you plan to roll it out. [2] Dust hands with flour. [3] Stretch dough by hand into a pizza shape, or flatten it with a rolling pin.

BAKE IT: [1] Dust an inverted metal cookie sheet with flour; place shaped dough on top. [2] Add toppings. [3] Bake for 10 minutes at 500 degrees or until the crust is crisp.

Sauce

Spaghetti sauce works fine on pizza in a pinch, but if you want authentic Italian taste, try this easy-to-make option instead.

- 1 (28 oz) can crushed tomatoes
- ½ tsp freshly ground black pepper
- 1 tsp dried basil or 2 tbsp minced fresh basil
- 1 tsp dried oregano or 1 tbsp minced fresh oregano
- 1 tbsp granulated garlic powder or 5 cloves fresh garlic, minced or pressed
- 2 tbsp red-wine vinegar or fresh lemon juice
- 1 tsp salt

TO MAKE: [1] Mix all ingredients together in a large bowl, mashing tomato pieces as small as possible while you stir. [2] Apply sauce to pizza as needed. [3] Store unused sauce in a tightly covered container in the refrigerator for up to 1 week. Makes 4 cups.

CLOCKWISE FROM TOP: ANDREW HETHERINGTON; GETTY IMAGES (2); COURTESY OF LOMBARDI'S



1905: Gennaro Lombardi opens the first American pizzeria: Lombardi's pizzeria, which was located at 53½ Spring St. in New York City. (The restaurant would later move to 32 Spring St.)

1943: Ric Riccardo Sr. and Ike Sewell invent a deep-dish pizza and begin serving it at their new Chicago restaurant, Pizzeria Uno—creating a flagship for the future chain.

1945: Buying a slice becomes increasingly popular as WWII veterans return from Italy and spread the pizza gospel.

1957: The first frozen pizza—Celentano's—appears in supermarkets.



1958: The first Pizza Hut opens in Wichita, Kan. The first Domino's opens just two years later in Ypsilanti, Mich.

Mid-1970s: Chicago pizzerias add a top layer to their deep-dish pie, creating the miracle of stuffed pizza.



1995: Kraft introduces DiGiorno pizza, the first "self-rising" frozen pie.

Early 1980s: Pizza goes gourmet, with upscale toppings such as duck and Gorgonzola.