

Oldie, now a goodie



Clean-cooking chef Devin Alexander makes over an American favorite. PHOTOGRAPHY BY DOUGLAS BRADSHAW

Save about 147 calories, 24 grams of fat and 10 grams of saturated fat per two-slice serving when you make our cleaner pizza and resist the temptation to order in.

Bonus: Your pizza will be ready faster than the delivery boy can make it to your door.

Let's face it, pizza is a staple in the American diet. And there's absolutely nothing wrong with that...as long as you make a few much-needed adjustments to the pizza parlor pie. Even if you're a freak for meaty toppings and piled-high classics, delicious is only an oven away. Although our version is much cleaner and lower in fats than take-out, it's still a tad high in sodium and shouldn't be eaten often if you are not very active. Active women, on the other hand, needn't worry about that – in fact, if you work out at high intensities, your body requires the extra sodium for proper muscle function and to prevent the body from losing too much water.

Dough-to-go

It's always best to use a whole-wheat crust, but whatever you do, don't try to substitute whole-wheat flour for the white in your favorite pizza dough recipe. I promise, it won't taste good without some doctoring. Instead, try one of the following:

If you're close to a Trader Joe's or Whole Foods, pick up a great whole-wheat pizza dough in the refrigerator section. It's a one-pound ball and it is inexpensive. That's a great option.

Check the refrigerator and freezer of your grocery store. Some offer whole-wheat dough. Those from the freezer need to thaw and rise. Be sure to leave time for that.

Cyber-dough? If you're still having trouble, try ordering a dough mix online. King Arthur Flour sells a great Semolina Whole-Wheat Pizza Crust mix (kingarthurfLOUR.com).

Another option is to try a pizza parlor. Most don't offer low-fat cheeses or low-fat meat toppings. Heck, most even use pizza sauce that contains tons of unnecessary fats. But most use crusts that are relatively low in fat. So, if your favorite one has a whole-wheat or whole-grain crust, ask to buy the dough. Most will have no problem selling it to you.

Meal Makeover Tips

INVEST IN A PIZZA STONE OR TILE:

Although you can make a scrumptious pizza in a pizza pan, only a pizza stone or tile will give you that without-a-doubt pizza parlor crust. So if you're a huge fan, it's worth the \$30 investment. Buy one that's thick, and be sure to follow the directions. Don't forget to pick up the pizza peel (the paddle that allows you to transfer the pizza to the oven). If using, sprinkle the peel lightly with cornmeal to keep the pizza from sticking, and omit the olive oil spray in the recipe. Don't pre-bake the crust. Instead, prepare the dough on the peel and skip adding the holes. Preheat the oven to 500°F, then bake the pizza for about 7 to 10 minutes.

SKIP SOGGY:

Veggie toppings will release water when cooked. If you put them on your pizza without having cooked them at all, the moisture will be released into the pizza, yielding a soggy crust.

STAY TENDER:

Lean meat toppings can dry out when exposed to heat. By adding them to the pizza, then topping them with the veggie toppings, they're bound to stay nice and tender.

A Smarter Slice Serves 4 (2 slices each).

INGREDIENTS:

- Olive oil spray
- 1 cup sweet onion strips
- 1 cup sliced button mushrooms
- ¾ cup green bell pepper strips
- 4 oz 96% lean ground beef
- 2 ½ oz fresh turkey or chicken Italian sausage, sliced
- 16 oz fresh or frozen whole-wheat pizza dough, defrosted, if necessary
- Garlic powder, to taste
- ¾ cup low-fat pizza sauce from a jar
- 3 oz (about 1 ½ cups) finely shredded low-fat mozzarella cheese
- 8 slices turkey pepperoni
- 2 tbsp kalamata olives, pitted and sliced
- Oregano and crushed red pepper flakes, to taste

INSTRUCTIONS:

ONE: Preheat oven to 450°F.

TWO: Heat a medium nonstick frying pan over medium heat and lightly mist with spray. Add onions, mushrooms and peppers. Cook about 6-8 minutes, until veggies are tender and just barely starting to brown. Remove pan contents into another dish.

THREE: Turn heat to medium-high and return pan to heat. When hot, add ground beef and sausage. Cook, stirring occasionally, breaking beef into hearty chunks until just barely pink, about 1-2 minutes. Remove and turn off heat.

FOUR: In a 12- or 14-inch nonstick pizza pan, using a rolling pin and flour, gently press dough to 12-inch diameter, being careful not to create any holes (crust will be crispier if pan is dark gray or black). If dough tears, patch it. Then, using a fork, poke dough about 20 times, evenly spreading out the holes. Sprinkle dough with garlic powder. Bake for 4 minutes.

FIVE: Spoon sauce in center of dough, then spread evenly to cover all but the outer inch. Sprinkle cheese evenly over sauce. Then top evenly with pepperoni, sausage mixture, veggie mixture, then olives. Sprinkle with oregano and red pepper flakes. Bake an additional 12-15 minutes or until crust is lightly browned (but before the cheese browns). Remove. Let stand for 5 minutes. Then transfer to cutting board and slice into 8 slices. Check out page 116 for our editors' pizza cutter pick!

Nutrients Per Serving

Compared with a traditional 2-slice serving*

	BEFORE	AFTER
CALORIES	640	493
TOTAL FAT (g)	36	12.5
SATURATED FAT (g)	12	2
CARBS (g)	58	63
FIBER (g)	8	9
SUGARS (g)	60	6
PROTEIN (g)	26	28
SODIUM (mg)	1,680	1,044
CHOLESTEROL (mg)	unknown	41

*The traditional 2-slice serving used for comparison is Domino's Ultimate Deep Dish ExtravaganZZa pizza.

Worried about your sodium intake?

Try using chicken pieces in lieu of the meaty ingredients listed. Or, cut the sausage and pepperoni amounts in half to nix almost 100 milligrams of sodium from each serving!

Be Sausage Savvy:

So many people are tricked by turkey or chicken sausage. Just because it's turkey or chicken doesn't necessarily mean it's lean. Most sausages are made with dark-meat chicken or turkey and/or have lots of added chicken or turkey fat, making them much more fattening than suspected. Make sure to read labels and buy the leanest brand you can find.



The Clean-Eating BBQ Sandwich

Devin Alexander, cookbook author and host of *Healthy Decadence*, offers a new twist on an old Southern favorite.

As the summer months approach, BBQ starts to creep into our consciousness. Sure, you can grill those turkey burgers, but what about drippy barbecue with tender pieces of beef? Believe it or not, even those don't have to be a thing of the past if you're strategic about it. And the best news is that you'll actually be able to enjoy your party guests since it takes only about 20 minutes of hands-on time to throw the sandwiches together. I created this recipe for fans of my show, *Healthy Decadence* on Discovery Health, who apparently couldn't stay away from BBQ sandwiches.

THE MEAT: Yes, I do use real beef. Though I've seen folks make "beef" BBQ sandwiches with turkey legs, I would never even think of it. I start with one of the leanest cuts of beef possible, top round steak. With only about 3.5 grams of fat and 1.5 grams of saturated fat per 4-ounce (raw) serving, you can't go wrong. It has less fat than turkey legs and provides essential nutrients like zinc, iron and B vitamins.

I coat the cubes of beef in a touch of

flour, which begins to tenderize the meat, along with essential flavor enhancers like garlic and onion powders. Though I would normally add salt to help with the cooking of the meat, in this case, where the meat will be sitting in beef broth, which is high in sodium, it's not necessary. I make sure to brown the beef on all sides to lock in the natural juices, then have it soak in a combination of beef broth and liquid smoke, which provides that hickory flavor, calorie-free. Then I step away and let it simmer until the meat is so tender, it comes apart with a fork.

BBQ SAUCE: This is where you have to be careful. When buying a barbecue sauce, compare labels. Look for one that isn't too high in sugar. Though I wouldn't recommend opting for one that says "low-carb," as they contain way too many chemicals and just don't taste great, it's best to buy one that has no more than seven to 10 grams of carbohydrates per serving. Choose the one that's the most natural, while being low in fat (though most in my grocery store are pretty low in fat).

BUNS: Sprouted-grain buns are the healthiest choice, but a traditional whole-wheat bun will make this sandwich taste like the real deal. Either way, it's important to stick with whole wheat. The added fiber helps fill you up and provides complex carbohydrates for energy.

ONIONS: The onions are optional. I think they're such a great addition to the sandwich. And if you use an olive oil spray on your nonstick pan, you add little in the way of fat and calories. (I use the sprays you fill yourself, not the pre-filled ones in stores – those almost always contain propellants.)

Fast Fooled!
Save nearly 500 calories with this healthier BBQ sandwich.



How to Slice & Season Beef

All you need are 1 tbsp whole-wheat flour, ¼ tsp garlic powder and ¼ tsp onion powder (and don't forget the steak!).



1 Cut round steak into cubes.



2 Mix whole-wheat flour and garlic and onion powder in a plastic bag.



3 Place the meat into the plastic bag.



4 Shake mixture until beef is well-coated.

FOOD PHOTO BY YVONNE DUIVENVOORDEN, FOOD STYLING BY LUCIE RICHARD, PROP STYLING BY CAROLYN SOUCH, DEVIN ALEXANDER PHOTO BY STEWART VOLLAND, HAIR & MAKEUP BY ALISON BURMEISTER

Beef BBQ Sandwich

You save: 438 calories, 43 g fat, 17 g saturated fat
Makes 4 sandwiches.

INGREDIENTS:

- 1 **tbsp** whole-wheat flour
- ¼ **tsp** garlic powder
- ⅛ **tsp** onion powder
- 1 **lb** top round roast or steak, extra-lean, cut into ¾-inch cubes
- Olive oil spray
- ¾ **cup** low-fat, lower-sodium beef broth
- 2 **tbsp** liquid smoke
- ⅓ **cup** barbecue sauce
- 1 **cup** white onion strips
- 4 whole-grain or sprouted-wheat hamburger buns

INSTRUCTIONS:

ONE In a medium plastic bag, combine flour, garlic powder and onion powder. Add beef and shake bag until beef is evenly coated. Refrigerate beef for at least 15 minutes.

TWO Preheat a medium, nonstick saucepan over medium-high heat. When it's hot, lightly mist pan with spray, then add beef. Brown beef on all sides, about 1 minute per side, then reduce heat to medium. Add broth and liquid smoke. When liq-

uid comes to a boil, reduce heat to low (liquid should still be boiling slightly). Cover and cook beef, stirring occasionally, for 1 to 1½ hours or until it's very tender. (The pieces should easily fall apart when smashed with a fork.) Using a slotted spoon, drain any excess liquid from beef and transfer the liquid to a medium bowl. Using a fork, separate pieces so beef is somewhat shredded, then mix in barbecue sauce.

THREE During the last 5 minutes of cooking the beef, lightly mist a small, nonstick frying pan with spray and place it over medium heat. Add onion strips and cook until tender, about 5 minutes.

FOUR Meanwhile, place bun halves, insides down, in a medium, nonstick frying pan over medium heat. Cook until just toasted, about 2 to 4 minutes. Place each bun bottom on a plate. Pile ¼ of beef mixture onto each bun. Top with ¼ of onion strips. Add bun tops. Serve immediately.

Nutrients Per Serving

Compared with a traditional beef barbecue sandwich

	BEFORE	AFTER
CALORIES	704	266
TOTAL FAT (g)	49	6
SATURATED FAT (g)	19	2
CARBS (g)	31	31
FIBER (g)	3	4
SUGARS (g)	7	6
PROTEIN (g)	34	29
SODIUM (mg)	816	585
CHOLESTEROL (mg)	124	50

*The traditional chopped-beef barbecue sandwich used for comparison is from recipezaar.com.

Nutritional Bonus:

Fulfilling a whopping 59 percent of your daily protein needs, this may be the only barbecue sandwich that will help and not hinder your muscle-building efforts. Plus, it's a great source of niacin, vitamin B₁₂, manganese, selenium and dietary fiber, without all the heart-hazardous saturated fats commonly clogging the take-out variety.

