

Pizza “Vegie-attack”

Cooking Instructions

- 1 Prepare dough: Mix flour, water, olive oil, and salt. Knead and let rest for 1 hour.
- 2 Preheat oven to 220°C (428°F).
- 3 Roll out dough and spread tomato sauce evenly.
- 4 Layer toppings: Start with spinach, lentils, zucchini, mushrooms, and red onion.
- 5 Add garlic and seasonings: Sprinkle garlic, oregano, and chili flakes.
- 6 Top with vegan cheese (optional for extra protein and creaminess).
- 7 Bake for 12–15 minutes until crust is golden and veggies are tender.

Thoughts on vegetables

Vegetables are the heart of many healthy diets — rich in fiber, vitamins, and antioxidants. In recent years, more people have embraced plant-based lifestyles, either by becoming vegetarians or vegans. While both avoid meat, vegetarians may still consume dairy and eggs, whereas vegans exclude all animal-derived products, including honey and gelatin.

The reasons for this shift vary:

- Health: Lower cholesterol, reduced risk of heart disease, and better digestion.
- Ethics: Concerns about animal welfare and industrial farming practices.
- Environment: Plant-based diets generally have a lower carbon footprint.

In the “Vegie-attack” pizza, ingredients like spinach, lentils, and zucchini offer a nutrient-dense profile. Lentils, for example, are a great source of plant protein and iron — especially important for those avoiding meat.

Now, let's talk about garlic 🧄.

Garlic is a polarizing ingredient. Some love its bold flavor and health benefits, while others avoid it due to digestive sensitivity or cultural dietary restrictions.

Pizza Ingredient Table

Ingredient	Grams	Protein (g)	Calories	Allergic Index
Whole wheat flour	150	6.05	10.03	3
Water	100	0.00	0.00	0
Olive oil	10	0.08	8.01	1
Salt	3	0.00	0.00	0
Tomato sauce	70	2.05	6.01	1
Cooked green lentils	80	7.09	6.02	2
Red onion (sliced)	40	1.01	6.01	1
Zucchini (sliced)	50	1.01	0.00	0
Mushrooms (sliced)	50	2.01	0.01	1
Spinach (fresh)	30	1.06	0.00	0
Vegan cheese (optional)	40	4.01	100.04	4
Garlic (minced)	5	0.5	7.52	2
Oregano & chili flakes	3	0.0	6.01	1

Pros of garlic:

- Contains allicin, which may help reduce blood pressure and cholesterol.
- Has antimicrobial properties.
- Adds depth and aroma to dishes.

Cons of garlic:

- Can cause bloating or heartburn in sensitive individuals.

- Strong odor may linger on breath and skin.
- Not suitable for certain Ayurvedic or Jain diets.



Health Notes

- **Plant-powered protein:** Lentils are rich in protein, fiber, and iron, making this pizza filling and nutritious.
- **Low in saturated fat:** No meat or dairy (if using vegan cheese), making it heart-friendly.
- **High in fiber:** Whole wheat flour, lentils, and vegetables support digestion and satiety.
- **Micronutrient-rich:** Onions, spinach, and zucchini provide antioxidants, vitamins A, C, and K.

This pizza is perfect for vegetarians, flexitarians, or anyone looking to reduce meat intake while still enjoying a satisfying, protein-rich meal.