

Pizza Rolls tend to be kids' (and some adults') favorite snacks, whether you buy them packaged at the store or make them from scratch! Here is a healthier homemade version that packs in veggies for a plus!

Veggie Packed Pizza Rolls



Ingredients:

Sauce:

- 1 jar of your favorite marinara sauce
- 2 cups chopped veggies (spinach, bell peppers, mushrooms, onions, tomatoes, carrots, and/or zucchini)
- 1 ½ cups mozzarella cheese

Crust:

- 2 cups flour
- 2 ¼ tsp. rapid rise yeast
- 1 ½ tsp. sugar
- ¾ tsp. salt
- 2/3 cup very warm water
- 3 T. olive oil

Directions:

1. For the sauce, chop veggies and sauté for 3-4 minutes or until slightly tender. Blend in a blender or food processor with marinara sauce.
2. Combine 1 cup flour, undissolved yeast, sugar and salt in a large bowl. Whisk together the warm water and the oil and add to dry ingredients. Mix until well blended, about 1 minute. Gradually add enough remaining flour to make a soft dough. The dough should form a ball and will be slightly sticky. Knead on a floured surface, adding more flour if needed, until smooth and elastic, about 4 minutes.
3. Place dough in a large, lightly greased bowl, and cover with plastic wrap. Allow to rest for 30 minutes in a warm, draft-free place. The dough should almost double in size.
4. Preheat oven to 400 degrees F.
5. Remove the dough from the bowl and place on a lightly floured work surface. Use a rolling pin to roll the dough into a ½-inch thick rectangle, about 10 by 12 inches.

6. Begin by spreading about 1 cup of sauce over the dough, leaving a ½-inch border around the edges. Sprinkle with mozzarella cheese.
7. Begin rolling the dough until you have one large roll. Slice into 8-12 slices and place in a greased muffin tin.
8. Bake for 15-20 minutes or until rolls are golden brown and cooked through the middle. Enjoy!

If you haven't heard the latest buzz on the Nutrition Facts label, you may have been living under a rock the past few days! The FDA has finalized the new Nutrition Facts label for packaged foods, and there are quite a few significant changes. One being that it will have a new refreshed design. It will emphasize the "Calories", "servings per container" and "Serving size" by increasing the font size. It also requires manufacturers to declare the actual amount, in addition to percent Daily Value of vitamin D, calcium, iron and potassium.

The new labels will also reflect new scientific information on the link between diet and chronic diseases such as obesity and heart disease. "Added sugars" in grams and as percent Daily Value, will be included on the label. The new labels will require "Total Fat", "Saturated Fat", and "Trans Fat" on the label, but the "Calories from Fat" is being removed since research shows the type of fat consumed is more important than the amount. The list of nutrients required is also being updated, by adding Vitamin D and potassium, but Vitamins A and C will no longer be required. Daily values for nutrients like sodium, dietary fiber, and vitamin D are also being updated based on new scientific evidence.

Another change you will be seeing on the back of your food packages will also be the serving sizes. By law, serving sizes must be based on amounts of foods and beverages that people are actually eating, not what they should be eating. This hasn't been changed on the Nutrition Facts label since 1993 and people are eating and drinking more than they did 20 years ago. For example, a serving of ice cream used to be ½ cup, but is now changing to 2/3 cup, and the soda serving size is being changed from 8 ounces to 12 ounces. For packages that are between one and two servings, such as a 20 ounce soda or a 15-ounce can of soup, the calories and other nutrients will be required to be labeled as one serving, since that is what people will typically consume in one sitting. For certain products that are larger than one single serving but could be consumed in either one or multiple sittings, manufacturers will have to provide "dual column" labels to indicate the amount of calories and nutrients on both a "per serving" and "per package" basis. For example, if someone were to eat an entire pint of ice cream, they would easily be able to understand how many calories and nutrients they would be taking in.

The next time you venture to the grocery store, will you see these new changes? Maybe not right away. The manufacturers will have until July 26, 2018 to use the new label. If you read food labels, keep at it. If you don't, maybe the new food label is a good reason to start. Paying attention to food labels is a great first step toward improving your health and the new Nutrition Facts labels will hopefully make it easier for you and other consumers to make better informed food choices.

NEW LABEL / WHAT'S DIFFERENT

Servings:
larger,
bolder type

Nutrition Facts

8 servings per container
Serving size **2/3 cup (55g)**

Amount per serving
Calories 230

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 37g **13%**

Dietary Fiber 4g **14%**

Total Sugars 12g

Includes 10g Added Sugars **20%**

Protein 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Serving sizes
updated

Calories:
larger type

Updated
daily
values

Actual
amounts
declared

New
footnote

New:
added sugars

Change
in nutrients
required

FOOD SERVING SIZES GET A REALITY CHECK

Serving Size Changes

What's considered a single serving has changed in the decades since the original nutrition label was created. So now serving sizes will be more realistic to reflect how much people typically eat at one time.



Packaging Affects Servings

Package size affects how much people eat and drink. So now, for example, both 12 and 20 ounce bottles will equal 1 serving, since people typically drink both sizes in one sitting.

