



Menu & Meal Ideas inspired by the book *Hey, Fat Ass!*

DINNER: Pizza Margherita inspired by Lombardi's of NYC and ScottsPizzaTours.com

more at www.johnmanrique.com/heyfatass.html



Fit Ass Meal	Price	Calories	Fat (gm)
Homemade Pizza Dough*	\$1.50	910	2.5
½ can (14 oz) San Marzano Whole Tomatoes	\$2.00	88	0
6 ounces of Fresh Mozzarella	\$3.99	360	27
½ ounce Fresh Basil, hand-shredded	\$2.49	4	0
TOTAL for PIZZA	\$9.98	1,512	29.5
EST. per SLICE (based on six per pie)	\$1.67	252	4.9

DIRECTIONS FOR PIZZA DOUGH (prepare the night before):

Mix 2 cups unbleached, all-purpose flour, 1 teaspoon sea salt and a ½ teaspoon instant yeast in a bowl. With a large metal spoon add 1-1/3 cup ice cold water until flour is absorbed. Then, work the dough by hand for 5-7 minutes – powdering your hand with flour and/or sprinkling water as necessary – until dough is a smooth mass that clears sides of the bowl but is sticky to bottom and springy. Remove dough ball from bowl, mist with PAM® Olive Oil cooking spray, seal tight in Tupperware® container and refrigerate. Next day, remove from fridge TWO HOURS before you plan to shape crust – keep dough in sealed container until you're ready to use.