Veggie Pizza
Makes 8 servings

Ingredients:
1/2 cup whole wheat flour
1 1/4 cup all purpose flour
1 teaspoon fast-acting yeast
1/2 teaspoon salt
1/2 cup + 2 tablespoon water
1 tablespoon canola oil
2 teaspoon sugar
1/2 cup tomato sauce, canned
2 cups part-skim mozzarella cheese, shredded (8 ounces)
½ - 1 cup vegetable choices, chopped
1 teaspoon herb choices

Directions:
1. Preheat oven to 400° F. Lightly oil baking sheet or pizza pan.
2. Measure whole wheat flour and ½ cup all-purpose flour into a mixing bowl. Add yeast and salt. Stir to blend ingredients.
3. Take temperature of the water. Must be warmed to 120 - 130° F. Add water, oil, and sugar to mixing bowl; beat until smooth (2 to 3 minutes).
4. Add enough additional all-purpose flour to make soft, manageable dough. Add a small amount at a time to avoid dry and tough dough.
5. Turn dough onto lightly floured surface. Knead until soft, about 5 minutes. Air bubbles forming on the surface will give it a pebbly appearance.
6. Shape dough into a smooth ball. Cover with a dry cloth and let rest 5 to 10 minutes while preparing toppings.
7. Shred cheese. Prepare other toppings. Cut fresh vegetables into small pieces especially if you want less “raw” flavor. Season the toppings with herbs.
8. Lay dough on baking sheet and gently stretch to desired shape. Add tomato sauce, cheese, and other toppings, as directed with Choices in Class.
9. Bake 15 to 20 minutes at 400°F until crust is golden brown.

Source: Cooking Up Fun! Vary Your Vegetables

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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