

Homemade Vegetable Pizza with Whole Wheat Crust

Ingredients:

Whole Wheat Pizza Dough
 8 ounces tomato sauce
 1/8 teaspoon garlic powder
 1/4 teaspoon oregano
 1/4 teaspoon basil
 1/4 teaspoon black pepper
 1 cup mozzarella cheese,
 part skim milk, shredded
 1/2 cup onions
 1/2 cup green bell pepper,
 chopped
 1/2 cup broccoli florets

Equipment:

Cutting Board
 Knife
 Pizza Pan
 Measuring cups
 Measuring spoons

Number of Servings: 8
 Prep Time: 60 minutes
 Total time: 1 1/2 hours

Directions

1. Oil 12-inch pizza pan with 1 tsp. oil.
2. Turn dough onto oiled pan; use 1/2 tsp. oil to oil hands; spread dough with oiled hands to edges of pizza pan using patting motions with fingers.
3. Combine sauce and seasonings, blend well with a fork or whisk. Let stand for 5-10 minutes to allow flavors to blend. Spread sauce over the dough, leaving about a 3/4-inch rim of crust.
4. Sprinkle cheese over top of pizza. Top with various vegetables. Bake in a pre-heated 400°F oven for 20-25 minutes or crust is golden brown.

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Nutrition Facts	
Serving Size: 1/8 wedge	
Servings: 8	
Amount Per Serving	
Calories 108	Calories from Fat 45
%Daily Value*	
Total Fat 5g	7%
Saturated Fat 2g	9%
Cholesterol 8mg	3%
Sodium 290mg	12%
Total Carbohydrate 28g	9%
Dietary Fiber 4g	15%
Protein 9g	17%
Vitamin A 103%	Vitamin C 32%
Iron 10%	Calcium 12%

*Percent Daily Values are based on a 2,000 calorie diet.

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