

## 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	
<b>Amount Per Serving</b>	
<b>Calories 108</b>	Calories from Fat 45
<b>%Daily Value*</b>	
<b>Total Fat 5g</b>	<b>7%</b>
Saturated Fat 2g	<b>9%</b>
<b>Cholesterol 8mg</b>	<b>3%</b>
<b>Sodium 290mg</b>	<b>12%</b>
<b>Total Carbohydrate 28g</b>	<b>9%</b>
Dietary Fiber 4g	<b>15%</b>
<b>Protein 9g</b>	<b>17%</b>
Vitamin A 103%	Vitamin C 32%
Iron 10%	Calcium 12%
<small>*Percent Daily Values are based on a 2,000 calorie diet.</small>	

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