

Whole Wheat Homemade Pizza

Ingredients:

- 1 cup flour, white, for breads
- 1 cup whole wheat flour
- 1/4 teaspoon salt
- 1 teaspoon sugar
- 1 package yeast, quick rise
- 2/3 cup hot water
- 1 tablespoon olive oil
- 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

Equipment:

- Large mixing bowl
- Flour sifter
- Small mixing bowl
- Spatula
- Pizza pan
- Cutting board
- Knife
- Measuring spoons
- Measuring cups

Number of Servings: 8
 Prep Time: 30 minutes
 Total Time: 1 hour

Directions

1. Sift together white bread flour, salt and sugar into large bowl. Blend yeast with flour mixture. Add hot water; stir to form dough. Add enough whole wheat flour to make a dough that sticks together in a soft, rather flat, ball form.
2. Sprinkle half of the remaining whole wheat flour on the kneading surface; turn out dough onto floured surface; knead to form stiff dough, adding as much of the remaining flour as needed to make dough smooth and elastic. Knead about 5 minutes.
3. Coat inside of small mixing bowl with 1/2 tbsp. olive oil. Place dough in bowl, turning to coat completely with oil. Cover; allow to rise at room temperature until dough has doubled in bulk, about 10-15 minutes.
4. Preheat oven to 400°F. Spray 12-inch pizza pan with non stick cooking spray.
5. While dough is rising, mix tomato sauce, garlic powder, oregano, basil and black pepper together in bowl and set aside to allow flavors to blend. Shred cheese, and chop onions, broccoli and green peppers.
6. Turn dough onto pan; use a small amount of oil to oil hands; spread dough with oiled hands to edges of pizza pan using patting motions with fingers.
7. Spread sauce over the dough, leaving about a 3/4-inch rim of crust.
8. Sprinkle cheese over top of pizza. Top with vegetables. Bake at 400°F for 20-25 minutes or crust is golden brown.

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| Nutrition Facts | |
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| Serving Size: 1 slice | |
| Servings: 8 | |
| Amount Per Serving | |
| Calories 183 | Calories from Fat 45 |
| %Daily Value* | |
| Total Fat 5g | 7% |
| Saturated Fat 2g | 9% |
| Cholesterol 8mg | 3% |
| Sodium 317mg | 13% |
| Total Carbohydrate 28g | 9% |
| Dietary Fiber 4g | 14% |
| Protein 9g | 17% |
| Vitamin A 11% | Vitamin C 25% |
| Iron 10% | Calcium 12% |
| *Percent Daily Values are based on a 2,000 calorie diet. | |

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