

## 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.

For more recipes, please visit:  
[www.fcs.ext.vt.edu/recipes](http://www.fcs.ext.vt.edu/recipes)



Friend us on Facebook and follow us on Twitter  
[www.facebook.com/vafnp](http://www.facebook.com/vafnp)  
[www.twitter.com/vafnp](http://www.twitter.com/vafnp)

Nutrition Facts	
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.	

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.