

Create a Pizza

Create a delicious pizza from simple foods. Just choose an item from each category and follow the directions. Use your imagination! Each pizza serves four adults.

1 Choose/Prepare a crust

- **Options:** homemade crust (see recipe below), premade crust from store, flour tortilla, flat bread, pita bread, English muffin, bagel, French bread.

Whole-Wheat Pizza Dough Recipe

- 2 cups whole-wheat flour
- 1 ½ tablespoons yeast
- 1 teaspoon salt
- 1 ½ teaspoons sugar
- ¾ – 1 ¼ cups warm water
- 1 teaspoon canola oil (optional)

2 Choose a sauce

- Tomato paste thinned with water or tomato sauce + basil + oregano + pepper
- Refried beans or bean dip
- Barbeque sauce
- Sweet chili sauce (found in Asian aisle of grocery store)
- Peanut sauce – peanut butter thinned with hot water + soy sauce + sugar + garlic + crushed red pepper
- Hummus
- Salsa

3 Choose flavors

- 1 – 2 teaspoons dried herbs as needed according to sauce (oregano, basil, cumin, chili powder, ginger, soy sauce, garlic, crushed red pepper, etc.)
- Salt and pepper to taste

4 Choose toppings

- | | | | | |
|----------------|-----------------|---------------------|---------------|-----------|
| • Tomato | • Jalapeno | • Corn | • Broccoli | • Sausage |
| • Spinach | • Mushroom | • Squash | • Eggplant | • Cheese |
| • Onion | • Banana pepper | • Carrot | • Chicken | |
| • Green pepper | • Olive | • Pineapple | • Ham | |
| • Red pepper | • Avocado | • Dried cranberries | • Ground beef | |

Directions

Prepare homemade crust and set aside to rise. Preheat oven to 425°F. Prepare sauce and toppings. Spray baking pan or pizza pan with cooking spray. Roll crust out and place on pan. Top with sauce and toppings. Bake approximately 10-12 minutes or until crust is cooked and sauce is bubbly.

Pizza Recipes

A pantry that is stocked with whole foods will help you create great tasting homemade pizzas like these!

MEXICAN SPICY BEAN PIZZA

- 1 whole-wheat pizza crust (see below)
- 1 (6 oz.) can tomato paste
- ½ to 1 (15 oz.) can refried beans
- 1 cup frozen corn, thawed
- ¾ cup sliced bell pepper
- ¼ cup thinly sliced red onion
- ½ cup grated Monterey jack cheese (optional)
- ½ teaspoon red pepper flakes (optional)
- ¼ cup chopped fresh cilantro
- ¼ cup mango

Preheat oven to 425°F. Put pizza crust on baking sheet or pizza pan. Spread tomato paste and refried beans over crust. Arrange corn, bell pepper, and onion over beans. Sprinkle with cheese and red pepper flakes. Bake 15 minutes or until hot and bubbly. Garnish with fresh cilantro.

Yield: 4 servings

WHOLE-WHEAT PIZZA DOUGH

- 2 cups whole-wheat flour
- 1 ½ tablespoons yeast
- 1 teaspoon salt
- 1 ½ teaspoons sugar
- ¾ – 1 ¼ cups warm water
- 1 teaspoon canola oil (optional)

Mix dry ingredients in bowl. Add water and oil and mix well. Take dough out of the bowl and knead a few times to incorporate all of the flour. Form dough into ball. Let rise 10 minutes while covered with clean towel. Roll out in pizza shape. Cover with favorite toppings.

You can change the taste of basic ingredients in your dish simply by changing the herbs and spices you use. For instance, use these herbs and spices to get these flavors:

Mexican-use cumin, oregano, chili powder, cilantro, and garlic

Italian-use basil, oregano, parsley, and garlic

Asian-use soy sauce, ginger, garlic, chiles, and turmeric

Savory/Thanksgiving-use rosemary, sage, thyme, and parsley

CARAMELIZED ONION AND MUSHROOM PIZZA

- 1 small yellow onion, halved and thinly sliced
- 1 teaspoon olive oil
- ¼ cup water or broth
- Pinch of sugar
- 1 teaspoon balsamic vinegar
- 2 large whole wheat flour tortillas or flat bread
- Cooking spray
- ¼ cup shredded parmesan cheese (optional)
- 6 – 8 button mushrooms, thinly sliced
- Salt and pepper to taste

Preheat oven to 450° F. Sauté the sliced onions in olive oil and small amount of water or broth and cook 30 minutes or more, stirring occasionally, until the onions reach a dark brown color. Add water in small amounts as needed to keep onions from burning. Add a pinch of sugar and the balsamic vinegar. Cook a few more minutes and remove from heat. Line baking sheet with parchment paper and spray with cooking spray. Place tortillas or flatbread on baking sheet and lightly spray each one with cooking spray. Sprinkle each tortilla with cheese, then mushrooms, then caramelized onions, then salt and pepper. Bake until the crust is crisp and brown, 5-10 minutes.

Yield: 2 servings

