

# Basic Whole Wheat Pizza

## Ingredients:

2 cups whole wheat flour  
1 (¼ ounce) package or 2¼ teaspoons fast-rising dry yeast  
1 teaspoon salt  
1 cup very warm water (125 to 130 °F.)  
2 tablespoons vegetable oil  
¾ cup to 1 cup all-purpose flour  
1 tablespoon cornmeal  
Garlic powder

### Pizza Toppings:

1 can (8 ounces) tomato or pizza sauce  
¼ pound (4 ounces) browned and drained sausage or ground beef, ham or pepperoni  
¼ cup EACH sliced mushrooms, onion, olives and peppers  
1 cup shredded mozzarella or blend of cheeses

**Preparation Time:** 45 minutes  
**Baking Time:** 20 to 25 minutes  
**Makes:** Four 7-inch pizzas  
**Serving:** 1 pizza

## Directions:

1. Preheat oven to 450 °F.
2. Combine 2 cups whole wheat flour, yeast and salt in large mixing bowl.
3. Add water and vegetable oil to flour mixture. Stir until ingredients are blended.
4. Stir in enough remaining all-purpose flour until dough forms a ball and pulls away from sides of the bowl.
5. Knead dough in bowl or on lightly floured surface about 4 to 6 minutes or until dough is smooth and elastic.
6. Divide into four even pieces, shape into smooth balls. Place bowl over dough pieces and allow to rest 10 minutes.
7. Prepare toppings.
8. Lightly oil baking sheets. Sprinkle with cornmeal. Use hands to pat dough pieces into flat round crusts on baking sheets so they are not touching. Allow dough to rest if needed. Pinch to form an edge.
9. Sprinkle crust with garlic powder.
10. Select toppings. For one personal pan pizza spread ¼ can sauce over crust. Top with one-fourth of meat, and one tablespoon of EACH vegetable topping and ¼ cup shredded cheese.
11. Bake for 20 to 25 minutes or until crust is golden brown.

## Family Activity:

Start a family tradition by making homemade pizza one night a week. Each family member can make their own unique pizza.

### Nutrition Facts (1 serving/155g)

Calories: 363, Protein: 12g, Carbohydrates: 64g, Dietary Fiber: 9g, Fat: 9g, Saturated Fat: 1g, Mono Fat: 3g, Poly Fat: 4g, Calcium: 27mg, Potassium: 319mg, Sodium: 598mg

## Fun Fact:

Each day, Americans eat enough pizza to cover nearly 110 football fields...that's 110 acres of pizza each day! Hard winter wheat grown in the Mid-Western states make the flour in a lot of that pizza crust!

## Vocabulary:

**Whole grain pizza crust:** made with more than half whole wheat flour and the remainder may be all-purpose flour.