



# Herbed Garden Pizza

Servings 3 | Prep time 30 mins. | Total time 40-50 mins.

## Equipment:

Large mixing bowl  
Clean towel  
12-inch pizza pan or large baking sheet  
Cutting board  
Small mixing bowl

## Utensils:

Whisk or fork  
Knife  
Measuring cups and spoons

## Ingredients

### *For the crust*

1 1/3 cups whole wheat flour  
1 teaspoon baking powder  
1/2 cup low-fat milk  
2 tablespoons olive oil OR vegetable oil

### *For the pizza*

1/2 cup tomato sauce  
1 clove garlic, minced OR 1 teaspoon garlic powder  
2 teaspoons Italian seasoning OR Celebrate Your Plate Italian Seasoning  
2 tablespoons olive or vegetable oil  
2 cups vegetables (tomatoes, spinach, red onion, bell pepper, mushrooms, broccoli, etc.), thinly sliced  
3/4 cup mozzarella cheese, shredded

# Instructions

## *For the crust*

1. Before you begin, wash your hands, surfaces, utensils, and vegetables.
2. Preheat oven to 400 degrees.
3. In a large bowl, whisk together flour and baking powder.
4. Add milk and oil. Stir until a dough forms. If dough is too dry, continue to add milk, 1-2 teaspoons at a time, until the dough comes together in a ball.
5. Remove dough from bowl. Knead, using your hands, about 10 times. Form into a ball and return to bowl.
6. Cover bowl with a towel and allow the dough to rest for 10 minutes.
7. Remove dough from bowl onto a lightly floured clean counter surface. Roll dough into a 12-inch circle and place on a nonstick baking sheet or pizza pan.
8. Use a fork to poke the dough 8-10 times. Bake in preheated oven for 8 minutes.
9. Remove from oven and allow to cool for a few minutes before adding toppings.

## *For the pizza*

1. In a small bowl, mix the garlic or garlic powder and Italian seasoning with oil.
2. Use your fingertips or a pastry brush to spread the oil mixture over the pizza crust.
3. Spread spaghetti sauce evenly over the pizza crust leaving a 1-inch border around the edges.
4. If using sliced tomatoes, spread them on top of the tomato sauce first.
5. Distribute remaining vegetables evenly across the pizza crust.
6. Sprinkle grated cheese over the vegetables.
7. Bake 15-20 minutes until cheese is melted and the crust has browned.

## **Nutritional Information:**

Calories 470   Total Fat 25g   Sodium 580mg   Total Carbs 48g   Protein 17g