



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

Nutritional Information:

Calories 510
Total Fat 26g
Sodium
1020mg Total
Carbs 56g
Protein 18g

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.