



Herbed Garden Pizza

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

Equipment: Large mixing bowl, Measuring cups and spoons, Towel, 12-inch pizza pan or large baking sheet, Cutting board, Small mixing bowl

Utensils: Whisk or fork, Knife

Ingredients

For the crust

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

For the pizza

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

Nutritional Information:

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

Instructions

For the crust

1. Before you begin wash your hands, surfaces, utensils, and vegetables.
2. Preheat oven to 400°F.
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.