



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 teaspoon salt
- 1/2 cup fat-free milk
- 2 tablespoons olive oil

For the pizza

- 3/4 cup spaghetti sauce, simmered to 1/2 cup
- 1 clove garlic, minced or 1/2 tsp garlic powder (optional)
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 2 tablespoons olive oil
- 1 tomato, thinly sliced
- 1/2 cup broccoli, chopped
- 1 cup baby spinach
- 1/4 cup red onion, thinly sliced
- 1 bell pepper, chopped in 1/2 inch pieces
- 1 cup mushrooms, sliced (optional)
- 3/4 cup low-fat grated mozzarella cheese

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°F.
3. In a large bowl, whisk together flour, baking powder, and salt.
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. Simmer spaghetti sauce to reduce to 1/2 cup. Set aside to cool.
2. Prepare vegetables for pizza topping: chop or slice each vegetable.
3. In a small bowl, mix garlic and herbs with olive oil.
4. Use your finger tips to coat prepared pizza crust with olive oil blend. Set aside remaining olive oil blend.
5. In a large mixing bowl, gently toss broccoli, spinach, onion, bell pepper and mushrooms in remaining olive oil blend.
6. Spread spaghetti sauce evenly over crust. Spread sliced tomatoes evenly over the spaghetti sauce.
7. Spread vegetables evenly over pizza dough, leaving a 1/2-inch border around the edges.
8. Sprinkle grated cheese over vegetables.
9. Bake approximately 15-20 minutes, or until cheese is melted and crust is golden.