



Homemade Pizza Crust

Ingredients:

- ¼ oz. yeast = 1 packet or 2¼ teaspoons
- ¼ cup warm water
- ¼ cup white flour
- 1 tablespoon milk (any fluid milk will work)
- ¾ cup + 3 tablespoons water
- 2 cups whole wheat flour
- 1 cup white flour
- 1 teaspoon salt
- ¼ cup olive oil

Instructions:

- 1) Mix ¼ oz. yeast, ¼ cup water, and ¼ cup flour. Allow it to sit about 5 minutes.
- 2) In a separate bowl, combine other ingredients and mix together thoroughly.
- 3) Add the yeast mixture.
- 4) Knead entire mixture until the dough is smooth and elastic (10-15 minutes by hand). If dough is sticky, add a dash of flour.
- 5) Shape dough into a ball and place in a large bowl that has been oiled all around (turn dough in the bowl to coat surface with oil).
- 6) Cover with a damp hand towel and allow to sit and rise until doubled in size (about 1 hour).
- 7) Punch down dough and divide it into 2 pieces for two 12-inch pizzas.
- 8) Shape each portion into a 12-inch circle by hand or with a rolling pin. If dough is sticky, toss a little flour onto hands or the rolling pin. As you roll it out, stretch out as necessary to make a thin crust.
- 9) Spread sauce over the top of dough and add your favorite ingredients. Allow to rest for about 10-15 minutes.
- 10) Bake at 475 degrees until crust is golden and cheese is melted about 15 to 20 minutes.
- 11) Cut each pizza into 8 slices.

YIELD: Crusts for two 12-inch pizzas

Suggestions:

If you don't have time to make your own crust, consider buying a pre-made crust or mix (choose whole wheat for added nutrients!) or try using English muffins or French bread for a personal size pizza.

For toppings, try something new:

Replace red sauce with barbecue sauce and add grilled chicken, black beans, corn kernels, and red onion. OR, skip the sauce and top crust with olive oil, feta cheese, sautéed mushrooms, and summer herbs.

Growing a summer garden or visiting the local farmers' market? Top a pizza with delicious veggies and herbs fresh from the ground. Serve with a yummy green salad, sit back, and enjoy the taste of summer.

How about a **Must-go** pizza? Anything that "must go" from your pantry or fridge might make a possible pizza topping. Take the opportunity to clean out the fridge and enjoy a delicious homemade meal as a result.

Nutrition Analysis

Serving Size: 1/8 crust	Total Carb: 19.4 g
Calories: 123	Dietary Fiber: 0.7 g
Total Fat: 3.6 g	Sodium: 149 mg
Calories from Fat: 27 %	Protein: 2.6 g
Saturated Fat: 0.5 g	Calcium: 5.5 mg
Trans Fat: 0.0 g	Iron: 1.2 mg

Source:

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