

## Build a Better Pizza

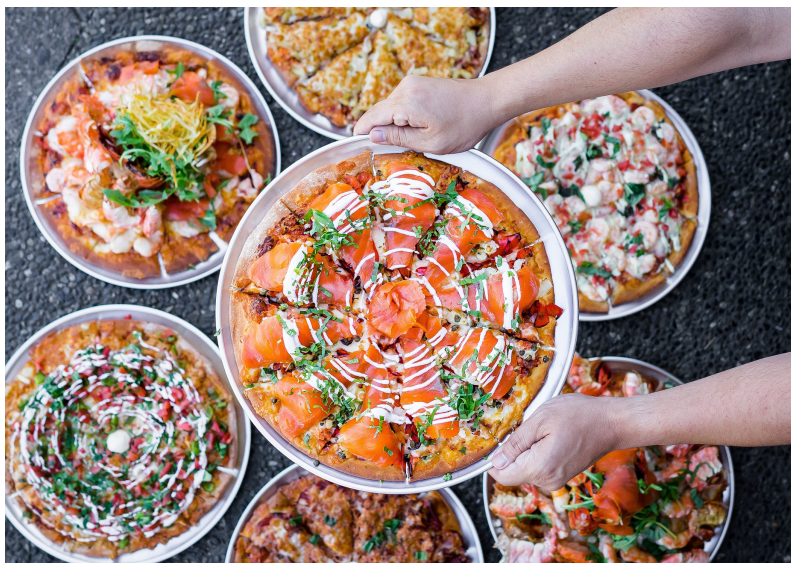
### PIZZA CRUST

#### INGREDIENTS

- 1 packet (2¼ tsp.) rapid rise yeast
- 2½ cups white whole wheat flour  
(or 1¼ cups all-purpose flour and 1¼ cups whole wheat flour)
- 1½ tsp. sugar
- ¾ tsp. salt
- ¾ cup hot tap water
- 2 Tbsp. olive oil

#### DIRECTIONS

1. Preheat the oven to 425 degrees.
2. Whisk together yeast, flour, salt, and sugar. Add the warm water and oil and mix well. If dough seems very sticky, add more flour as needed to make it smooth. Knead until smooth, then cover with a moist, clean cloth and set aside to rise 10-15 minutes.
3. Roll out dough into 2 twelve-inch circles.
4. Place on a lightly greased baking sheet or pizza pan.
5. Add toppings and bake in preheated oven for 15 minutes or until cheese is bubbly, and crust is browned.



### TOPPINGS

#### KEEP IT FRESH

To add nutritional value and fiber, top pizza with creative combinations of fresh veggies such as bell peppers, onion, fresh basil or other herbs, mushrooms, garlic, cooked spinach, arugula, tomatoes, asparagus, finely chopped broccoli, zucchini or yellow squash slices, jalapeños, or eggplant! Consider grilling or roasting your veggies for maximum flavor!

#### IF YOU WANT MEAT

Add a little bit of something leaner such as chicken breast or turkey sausage. If you're craving the classic pepperoni, sausage, or ham, choose one and use small pieces to make a little go a long way! Using less meat allows you to enjoy the other topping flavors more!

#### MAKE IT SAUCY

Use 1 cup pizza sauce (for an extra boost, mix with ⅓ cup pumpkin puree) or to let other flavors shine, simply spread 2 Tbsp. of olive oil (mixed with minced garlic and herbs) over whole crust.

#### SAY CHEESE!

Sprinkle on a mixture of 1¼ cup mozzarella and ¼ cup parmesan (consider trying thinly sliced fresh mozzarella or little dollops of a lower fat ricotta mixed with herbs).

## A FEW COMBOS TO TRY

## LIGHT MARGHERITA PIZZA

## INGREDIENTS

5 plum tomatoes (thinly sliced)  
 1 cup (4 oz.) shredded fresh mozzarella cheese  
 1 Tbsp. plus 1 tsp. olive oil  
 1 tsp. balsamic vinegar  
 ½ cup fresh basil (thinly sliced)  
 1 garlic clove (minced)  
 Freshly ground pepper

## DIRECTIONS

Brush entire crust with 1 Tbsp. oil, spread tomato slices and garlic over crust, and sprinkle cheese evenly on top. Follow crust directions for baking. Whisk together vinegar and 1 tsp. oil. When crust is golden brown, remove pizza from oven and top with sliced basil, black pepper, and vinegar/oil mixture.



## SHORTCUT PREP

*No time to prepare crust? When choosing pre-made- whether it be pizza dough in the frozen foods section or a prepared crust- look for whole wheat, high fiber, and thin crust options. Or get creative and make mini pizzas using whole wheat pita pockets cut in half or whole wheat English muffins!*

## FARMER'S MARKET PIZZA

## INGREDIENTS

1¼ cup pizza sauce  
 1 small zucchini  
 1 small yellow squash (thinly sliced)  
 Grape tomatoes (halved)  
 1 bell pepper (diced)  
 2 green onions (chopped)  
 1 cup shredded mozzarella cheese  
 ¼ cup shredded parmesan cheese

## DIRECTIONS

Spread sauce evenly over crust. Form a layer of zucchini and squash. Spread tomatoes, peppers, and green onions on top. Evenly sprinkle cheese and ½ tsp. oregano over veggies. Bake at the time and temperature suggested for crust.



## HAWAIIAN BBQ CHICKEN PIZZA

## INGREDIENTS

1 Tbsp. olive oil  
 1-2 boneless skinless chicken breasts (1 inch chunks)  
 2 garlic cloves (minced)  
 1 red onion (thinly sliced)  
 ½ cup barbecue sauce  
 1 (6 oz.) can crushed pineapple (drained)  
 1½ cups shredded mozzarella cheese  
 Cilantro (optional)

## DIRECTIONS

Sauté chicken with garlic and onion in olive oil for 2-3 minutes. Add ¼ cup BBQ sauce and cook, stirring until chicken is cooked through. Spread remaining BBQ sauce on crust. Cover with 1 cup of cheese. Top with chicken, pineapple, remaining cheese, and cilantro. Bake at the time and temperature suggested for crust.