

## **Fresh Made Pizza**

Makes Two 14" Pizzas

Serving Size: 1/4 of 1 Pizza

Two Pizzas Serve: 8

### **Dough for two 14 inch crusts**

1 cup warm water  
1 pkg active dry yeast  
1 teaspoon sugar  
½ teaspoon salt  
2 tablespoons extra virgin olive oil  
3 cups all-purpose flour  
Cooking spray

### **Pizza Sauce for two pizzas**

1- 6 oz can tomato paste  
1 - 14.5 oz can No Added Salt diced tomatoes  
2 tablespoons fresh parsley, diced

### **Pizza toppings for two pizzas**

2 tablespoons fresh oregano, minced  
2 teaspoons fresh thyme leaves, removed from the stems  
2 cups part skim or low fat mozzarella cheese, grated  
2 fresh mushrooms, sliced  
1 medium tomato, thinly sliced  
½ medium onion, diced  
1 poblano pepper, diced  
1- 2.25 oz can sliced black olives  
¼ cup fresh parmesan cheese, grated  
1 teaspoon ground black pepper  
2 tablespoons fresh parsley, chopped

### **Directions**

Combine water and yeast in a large bowl. Stir in the sugar and allow the yeast time to dissolve. Stir in the oil and salt. Add 2/3 of the flour and stir together with a spoon.

Gradually add additional flour until the dough holds its shape.

Place the dough on a lightly floured surface and knead with the heel of your hand for 5 minutes until it is smooth and elastic. If the dough becomes sticky, sprinkle with flour while kneading.

Return the dough to the mixing bowl. Rub the top surface with olive oil and cover with a kitchen towel. Let it rise for 30 minutes or until about doubled in size.

While the dough is rising, prepare the sauce. Combine the ingredients and set aside to allow the flavors to blend.

After the dough has doubled in size, punch it down, form it into a ball and divide it into two equal parts.

Spray two 14 inch pizza pans with cooking spray. Shape the dough by rolling it out or by pressing it with your hands. Place each crust on a 14 inch pan and turn up the edges to form a rim. With your hands, spread a thin layer of olive oil on top of each crust. Top

each pizza with the oregano and thyme. Allow the shaped crusts to rise on top of the hot oven while preparing the pizza toppings.

Spread the sauce evenly on each crust. Add the toppings, starting with the mozzarella, then the vegetables. The last three ingredients add eye appeal. A little parmesan, black pepper and parsley top off your work of art.

Bake in a preheated 450 degree oven for 15-20 minutes or until the crust is golden brown.

**Exchanges per serving:**

½ Milk, 2 Starches, 2 Vegetables, 3 Fats

**Nutrients per serving:**

Calories: 350

Calories from fat: 99

Total Fat: 11g

Cholesterol: 17mg

Sodium: 428mg

Total Carbohydrate: 47g

Dietary Fiber: 4g

Protein: 15g