

MAKE YOUR OWN RECIPE

Perfectly Personal Pizza

Name _____

Equipment needed: 15–16" pizza pan, measuring cups and spoons, mixing bowl, cutting board and knife

CRUST RECIPE

INGREDIENTS

1 package active dry yeast
1 cup warm tap water
1 teaspoon sugar
1/2 teaspoon salt
2 tablespoons canola oil
2-1/2 cups whole-wheat flour
non stick spray

DIRECTIONS

Preheat oven to 400° F. Lightly spray pizza pan with non stick spray. Dissolve yeast in warm water. Stir in remaining ingredients, and mix until you can form into a ball of dough. Set aside for five minutes. Next, spread dough out on pizza pan until it covers the entire pan. (HINT: The dough will be easier to work with if you dip your fingers in flour.) Bake in preheated oven for 10 minutes.

TOPPING IT OFF

INGREDIENTS

1/2 to 3/4 cup prepared pizza sauce
8 ounces part-skim mozzarella cheese
Toppings of your choice

DIRECTIONS

1. Once your crust is pre-baked, spread the pizza sauce evenly over the crust.
2. Sprinkle 8 ounces of grated part-skim mozzarella cheese over the sauce.
3. Add one or more of the following toppings (you decide how much):
 - Pepper rings (red, green, yellow or orange)
 - Sliced mushrooms
 - Sliced olives
 - Broccoli florets
 - Tomato slices
 - Onions, chopped or sliced
 - Canadian bacon
 - Lean ham, thinly sliced
 - Browned meat crumbles (lean ground beef or ground turkey)
4. Bake at 400° for 10 more minutes or until cheese is slightly browned. *Makes 8 servings.*



"With practice, you can make this recipe quicker than the pizza delivery guy can find your house!"