

## Veggie Pizza

1. Big-Batch Whole Wheat Pizza Dough  
*adapted from Chuey, Patricia, Eileen Campbell and Mary Sue Waisman: "Simply Great Food". Dietitians of Canada. Robert Rose Inc., Toronto, 2007.*

Use an electric mixer with a dough hook.

2 packages (each 7 g/ ¼ oz)	instant yeast
500 mL (2 cups)	whole wheat flour
250 mL (1 cup)	all purpose flour
5 mL (1 tsp)	salt
2 mL (½ tsp)	granulated sugar
375 mL (1 ½ cups)	lukewarm water
2 mL (½ tsp)	olive oil



In the mixer bowl, combine yeast, whole wheat flour, all purpose flour, salt and sugar. Attach dough hook and mixer bowl to mixer. With mixer running on low speed, gradually add water; knead until dough is smooth and elastic, about 10 minutes. Turn mixer off and pour oil down side of bowl. Set to low speed for 15 seconds to coat inside of bowl and cover dough lightly with oil. Remove mixer bowl and cover loosely with plastic wrap.

Let rise in a warm, draft-free place until doubled in bulk, about 2 hours.

Punch down dough and cut in half to make two balls. Place each ball in an airtight freezer bag and store for up to 3 months, or roll out for immediate usage.

To roll out, place dough ball on a floured work surface and form into a circle. Roll out until dough reaches a 30 to 38 cm (12- to 15-inch) diameter. Pierce dough with a fork before adding toppings.

Makes enough dough for two 30 to 38 cm (12- to 15-inch) pizza crusts.

Freezer friendly

## 2. Tomato Pizza Sauce

Thin about 25 mL (2 tbsp) of tomato paste with an equal amount of water. Stir in a crushed clove of garlic, and spread over the surface of the unbaked pizza dough. Add a sprinkle of dried oregano if desired, or scatter ribbons of fresh basil over the tomato sauce.

## 3. Toppings

Add bite-sized pieces of vegetables: chopped sweet peppers, sliced green onions, sliced mushrooms, halved cherry tomatoes or slices of ripe tomato, thinly sliced turnip, whatever you like. Top with grated cheese: mozzarella is the usual, but use any melting cheese such as cheddar, Monterey jack or havarti.

Bake at 220°C (425°F) for 15 – 25 minutes, until crust is browned, and cheese melted and bubbly.