

The second week in February is
Great American Pizza Bake Week

Amazing Whole Wheat Pizza Crust

INGREDIENTS:

- 1 teaspoon white sugar
- 1 1/2 cups warm water (110 degrees F/45 degrees C)
- 1 tablespoon active dry yeast
- 1 tablespoon olive oil
- 1 teaspoon salt
- 2 cups whole wheat flour
- 1 1/2 cups all-purpose flour



DIRECTIONS:

1. In a large bowl, dissolve sugar in warm water. Sprinkle yeast over the top, and let stand for about 10 minutes, until foamy.
2. Stir the olive oil and salt into the yeast mixture, then mix in the whole wheat flour and 1 cup of the all-purpose flour until dough starts to come together. Tip dough out onto a surface floured with the remaining all-purpose flour, and knead until all of the flour has been absorbed, and the ball of dough becomes smooth, about 10 minutes. Place dough in an oiled bowl, and turn to coat the surface. Cover loosely with a towel, and let stand in a warm place until doubled in size, about 1 hour.
3. When the dough is doubled, tip the dough out onto a lightly floured surface, and divide into 2 pieces for 2 thin crust, or leave whole to make one thick crust. Form into a tight ball. Let rise for about 45 minutes, until doubled.
4. Preheat the oven to 425 degrees F (220 degrees C). Roll a ball of dough with a rolling pin until it will not stretch any further. Then, drape it over both of your fists, and gently pull the edges outward, while rotating the crust. When the circle has reached the desired size, place on a well oiled pizza pan. Top pizza with your favorite toppings, such as sauce, cheese, meats, or vegetables.
5. Bake for 16 to 20 minutes (depending on thickness) in the preheated oven, until the crust is crisp and golden at the edges, and cheese is melted on the top.

Nutrition Information

Servings Per Recipe: 10

Calories: 167

Fat: 2g

Carbs: 33g

Fiber: 4g

Protein: 6g

Black Bean Nacho Pizza

Ingredients:

- 1 cup canned black beans, rinsed
- 1/2 cup chopped jarred roasted red peppers
- 1 medium clove garlic, quartered
- 1 tablespoon chili powder
- 1/4 teaspoon salt
- Yellow cornmeal, for dusting
- 1 pound Whole-Wheat Pizza Dough
- 1 cup shredded Monterey Jack cheese
- 2 medium plum tomatoes, diced
- 4 medium scallions, thinly sliced
- 1/4 cup chopped pitted ripe black olives
- 2 tablespoons chopped pickled jalapeños



Preparation:

1. Preheat grill to low. (For charcoal grilling or an oven variation, see below.)
2. Place beans, peppers, garlic, chili powder and salt in a food processor and process until smooth, scraping down the sides as needed.
3. Sprinkle cornmeal onto a pizza peel or large baking sheet. Roll out the dough and transfer it to the prepared peel or baking sheet, making sure the underside of the dough is completely coated with cornmeal.
4. Slide the crust onto the grill rack; close the lid. Cook until lightly browned, 3 to 4 minutes.
5. Using a large spatula, flip the crust. Spread the bean mixture on the crust, leaving a 1-inch border. Quickly layer on cheese, tomatoes, scallions, olives and pickled jalapeños.
6. Close the lid again and grill until the cheese has melted and the bottom of the crust has browned, about 8 minutes.

Nutrition Information

Serving per recipe: 6 servings
Calories: 317
Fat: 8g
Carbs: 46g
Protein: 14g
Fiber: 6g

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Low-fat Fruit Pizza

Ingredients:

1 tube Pillsbury sugar cookie dough
8-oz fat free cream cheese
1/3 c. sugar
1/2 t. vanilla
1/3 cup fresh blueberries
About 3 large strawberries, sliced
1 medium kiwi, peeled & sliced
1/2 c. pineapple tidbits



Directions

1. Slice and place the refrigerated cookie dough on a pizza pan or rectangular pan and press into a circle or square. Bake according to directions, and cool.
2. Mix the softened cream cheese with the sugar and vanilla. Spread over the cookie crust.
3. Arrange sliced fruit and berries over the crust.
4. Serve immediately or refrigerate.

Nutrition Information:

Calories: 168g
Fat: 6g
Carbohydrates: 25g
Protein 3g

Recipe submitted by SparkPeople user BUTTEGAL
