

Whole Wheat Cheese Pizza

Recipe makes: 10 servings (1 slice per serving)

Preparation time: 2 hours

Cook time: 15 minutes

Equipment: One set of measuring cups, one set of measuring spoons, one grater, one medium mixing bowl, one large mixing bowl, two spoons, a counter, plastic wrap, two dish towels, one knife or pizza cutter, one 35 cm (14 inch) round baking tray, one pair of oven mitts, one oven

What you need to make this recipe:

- 1 ¼ cups warm water, between 40 to 46 °C (105 to 115 °F)
- ½ teaspoon sugar
- 1 teaspoon active dry yeast
- 3 ½ cups whole wheat flour, plus more for flouring work surface
- 2 tablespoons extra virgin olive oil
- 1 teaspoon salt
- ¾ cup smooth tomato or marinara sauce
- 2 cups shredded low-fat mozzarella cheese
- Cooking spray or vegetable oil
- Fresh basil (optional)

How to make Whole Wheat Cheese Pizza:

1. Lightly grease a 35 cm (14-inch) round baking tray with cooking spray or vegetable oil.
2. Activate the yeast:
Put the water in a medium mixing bowl. Add the sugar and yeast and stir using a spoon, until the sugar dissolves in the water. Let the yeast mixture sit for 10 minutes or until there are bubbles on the surface.
3. Put the flour and salt in a large mixing bowl. Using a spoon, stir until combined. Using the spoon, gently push the flour mixture against the sides of the bowl to make a hole or “well” in the middle.
4. Pour the yeast mixture and olive oil into the well. Using a spoon, mix until a dough is formed.
If the dough sticks to the sides of the bowl, add 1 tablespoon of flour to the dough and mix until combined. Continue adding flour to the dough until it does not stick to the sides of the bowl.
5. Sprinkle flour on a clean, dry, flat work surface, like a counter.
6. Transfer the dough to the floured surface. Using clean, dry hands, shape the dough into a ball.
7. Knead the dough for 10 to 15 minutes. To knead the dough, gently press the heel of your hand into the centre of the dough, then, lift the edge of the dough that is farthest away from you and fold the dough in half toward you.

Recipe continues on the next page.

Whole Wheat Cheese Pizza

8. Lightly grease a clean, large mixing bowl with olive oil.
9. Put the dough into the greased bowl. Turn the dough a few times in the bowl to coat it with the oil.
10. Cover the bowl with plastic wrap. Let the dough rise in the bowl for one hour.
11. Take the plastic wrap off the bowl. Using clean hands, gently push down the centre of the dough.
12. Flour a clean, dry, flat work surface and transfer the dough to the surface. Knead the dough for two minutes.
13. Put the dough onto the prepared baking tray. Use your hands to press the dough into the tray and shape it into a circle. The outer 2.5 cm (1 inch) of the circle should be about twice as thick as the centre of the circle. The dough should fill the whole tray and there should be no holes in the dough.
14. Cover the crust with two clean dish towels and let it rise for 30 minutes to an hour.
15. Gently press down the center of the crust. Do not press down the outer 2.5 cm (1 inch) of the crust.
16. Preheat the oven to 260 °C (500 °F).
17. Pour the sauce onto the dough. Using the back of a clean spoon, spread the sauce evenly over the dough. Do not cover the edge of the crust with sauce.
18. Sprinkle the shredded cheese evenly over the sauce.
19. Bake the pizza for 15 minutes, or until the crust is golden brown.
20. Take the pizza out of the oven. Cool for 5 to 10 minutes.
21. Using a knife or pizza cutter, cut the pizza into 10 pieces and serve. Serve topped with fresh basil (optional).

Recipe continues on the next page.

Whole Wheat Cheese Pizza

Nutrition Facts		
Per 1 serving (1 slice)		
Calories	210	% Daily Value*
Fat 4.5 g		6 %
Saturated 0.5 g		3 %
+ Trans 0 g		
Carbohydrate 31 g		
Fibre 4 g		14 %
Sugars 2 g		2 %
Protein 11 g		
Cholesterol 0 mg		
Sodium 290 mg		13 %
Potassium 125 mg		3 %
Calcium 225 mg		17 %
Iron 1.5 mg		8 %
5% or less is a little , 15% or more is a lot		
Nova Scotia School Food and Beverage Standard: Maximum		

Allergy information:

Contains wheat, gluten, and milk.

About this recipe:

Making the dough

The dough can be made ahead of time and left to rise for up to 24 hours.

Yeast

Yeasts are tiny organisms that like to eat sugars. When they eat sugar they make carbon dioxide, a type of gas. When yeast is used in baking, the carbon dioxide makes the dough expand or “rise”. When the dough is baked, the heat makes the carbon dioxide expand more and the dough rises more.

Baker’s yeast is a special type of yeast that is used in baking. You can find two types of dry baker’s yeast in grocery stores: active dry yeast and instant dry yeast. You may also see quick rise yeast. It is a type of instant yeast.

Dry baker’s yeast must be activated before it is used in baking, or the dough will not rise. Warm water is used to activate dry yeast. Since active dry yeast and instant dry yeast are activated differently, it is important to use the type of yeast listed in a recipe’s ingredient list.

Substitutions:

To make this recipe wheat and gluten-free, use all-purpose gluten-free flour.

To make this recipe milk free, use a plant-based cheese product.

Storage information:

The pizza can be stored in an airtight container in the fridge for up to 4 days or in the freezer for up to 3 months.

