

## Garden Fresh Whole Wheat Pizza

What's more fun than family pizza night? This recipe makes dinner a fun, hands-on experience for all ages! Make one large pizza for everyone to enjoy, or personalized ones to cater to everyone's taste buds. Our whole wheat pizza dough is packed with fiber and topped with veggies of your choosing which makes this recipe a great way for kids (and adults!) to try new and interesting vegetables! Enjoy!

### Ingredients:

1 cup whole wheat flour  
 3/4 cup white flour  
 1 teaspoon baking powder  
 3/4 cup water  
 1 tablespoon olive oil  
 1/2 tablespoon honey  
 2 cups low-sodium tomato sauce  
 1 cup part-skim shredded mozzarella cheese  
 Fresh veggie toppings of your choice! (Try tomatoes, bell peppers, spinach, basil and more!)

### Directions:

1. In a large bowl, whisk together flours and baking powder. Stir in water, olive oil and honey and mix together to form loose dough. Sprinkle a clean work surface with white flour and add dough. Knead for 5 – 8 minutes until dough is smooth, adding more flour to prevent sticking as you go. Roll dough into a ball and wrap in plastic wrap. Refrigerate for at least 1 hour, or overnight.
2. Remove dough from refrigerator and sprinkle a clean work surface with white flour. Use a rolling pin to roll dough into one large pizza (based on the shape of your pan or grill) or 4 small, personal sized pizzas, 1/2 inch thick.
3. Preheat an outdoor grill or large grill pan over medium-low heat. Spray pan with cooking spray. Transfer pizza dough to grill or pan and cook 4-6 minutes until lightly browned. Flip pizza to cook other side.
4. While second side is cooking, spread tomato sauce on top, sprinkle with cheese and arrange veggie toppings. Tent with foil until bottom dough is lightly browned and cheese is melted. Serve and enjoy!

**Yield:** 4 servings (1/4 large pizza or 1 personal pizza per serving)

### Nutrition Facts:

373 Calories; 12 g Fat (4 g Saturated Fat; 0 g Trans Fat); 18 mg Cholesterol; 344 mg Sodium; 53 g Carbohydrate (6 g Fiber, 9 g Sugar, 10 g Added Sugar); 15 g Protein; 12% Daily Value (DV) Vitamin A; 3% DV Vitamin C; 1% DV Vitamin D; 32% DV Calcium; 19% DV Iron; 12% DV Potassium

## Recipe

