

# *What Should I Put On My Pizza?*

**Here are some ideas to help you to create a signature healthy super-pizza!**

## **CRUST:**

- Plain (unbleached flour) w/finely chopped fresh herbs
- Whole Wheat
- Whole Grain Blend (wheat, corn, rice)
- Gluten-Free (using other whole grains)

## **BASE SAUCE:**

- Traditional tomato-based
- Pureed veggie base ( like butternut squash, or olive tapenade, for example)

## **CHEESES:**

- Fresh whole milk mozzarella, used sparingly
- Blend of grated Parmesan, Asiago, Provolone & Part Skim Mozzarella
- Part Skim Mozzarella
- Feta (Goat Cheese type) & Parmesan
- Goat Cheese (Chevre)
- Blue Cheese/Gorgonzola
- Provolone & Part-Skim Mozzarella

## **TOPPINGS:**

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> caramelized (sautéed) onions | <input type="checkbox"/> broccoli florets          | <input type="checkbox"/> grilled peaches, plums and/or nectarines |
| <input type="checkbox"/> scallions                    | <input type="checkbox"/> sweet potatoes            | <input type="checkbox"/> toasted pine nuts                        |
| <input type="checkbox"/> leeks                        | <input type="checkbox"/> lean Italian rosemary ham | <input type="checkbox"/> fresh basil                              |
| <input type="checkbox"/> butternut squash             | <input type="checkbox"/> ground turkey             | <input type="checkbox"/> fresh oregano                            |
| <input type="checkbox"/> zucchini                     | <input type="checkbox"/> prosciutto                | <input type="checkbox"/> fresh marjoram                           |
| <input type="checkbox"/> roasted red peppers          | <input type="checkbox"/> chicken breast/thighs     | <input type="checkbox"/> fresh rosemary                           |
| <input type="checkbox"/> artichoke hearts             | <input type="checkbox"/> chicken sausage           | <input type="checkbox"/> fresh parsley                            |
| <input type="checkbox"/> fresh tomatoes               | <input type="checkbox"/> clams, and/or oysters     | <input type="checkbox"/> fresh sage                               |
| <input type="checkbox"/> black beans                  | <input type="checkbox"/> anchovies                 | <input type="checkbox"/> fresh cilantro                           |
| <input type="checkbox"/> corn                         | <input type="checkbox"/> seared tuna               | <input type="checkbox"/> cooked pasta                             |
| <input type="checkbox"/> sliced avocados              | <input type="checkbox"/> salmon                    | <input type="checkbox"/> scrambled eggs                           |
| <input type="checkbox"/> roasted garlic cloves        | <input type="checkbox"/> sautéed apples            |   |
| <input type="checkbox"/> scallions                    | <input type="checkbox"/> sautéed pears             |   |
| <input type="checkbox"/> spinach / kale               | <input type="checkbox"/> pineapple                 |   |

# PIZZA~~~~~



1. Remove pre-made **dough** from fridge and bring dough to room temp ... set on counter for about 30 minutes
2. Slice and dice the **veggies and meats** you plan to use for toppings and pre-cook ones that require it. Fresh herbs do not need to be pre-cooked. Most veggies should be pre-cooked and drained. Set aside.



3. Make **tomato sauce** recipe – 1 recipe is good for 3 or 4 small pizzas.



4. Preheat oven to **490°F** - make sure the vents are on HIGH!

5. Measure out your **cheeses** (3/4s cup per pizza, plus 2 TBSPs parmesan for dough)



6. Brush pizza pan **lightly** with **olive oil**



7. Sprinkle about 1 TBSP **cornmeal** over pan OR stone

8. Place dough in center of pan/stone and push GENTLY outward from the center toward the edges until pan is covered. **DO NOT STRETCH OR PULL!!! (YOU'LL END UP WITH HOLES)**



9. **VERY LIGHTLY** brush top of the crust with olive oil. Sprinkle the 2 TBSPs grated parmesan evenly over the dough and press into dough.

10. Pre-bake the crust for **EXACTLY 4 minutes**

11. Remove and top with **only 1 ladle** of sauce, your chosen toppings and cheese.

12. Bake for 12-15 minutes and let cool 3-5 minutes before slicing.

# ***Basic Pizza Dough***

*Although a bit time-consuming, making your own pizza dough is fairly simple and allows you to be creative. Work your favorite fresh herbs or freshly grated cheeses into the dough for an extra tasty crust,*

## **INGREDIENTS**

- 1 tsp active dry yeast
- 2/3 cup warm water (105° to 115° F)
- 1 ¼s cup unbleached bread (or all-purpose flour)
- ¾s cup whole wheat bread flour
- 1 tsp salt
- olive oil for the bowl, crust and pan

## **PREPARATION**

1. Sprinkle the yeast over the water. Let stand 1 minute, or until the yeast is creamy. Stir until the yeast dissolves.
2. In a large bowl, combine the 2 cups flour and the salt. Add the yeast mixture and stir until a soft dough forms. Turn the dough out onto a lightly floured surface and knead, adding more flour if necessary, until smooth, soft and elastic, about 8-10 minutes.
3. Lightly coat a large bowl with oil. Place the dough in the bowl, turning it to oil the top. Cover with plastic wrap. Place in a warm, draft-free place and let rise until doubled in bulk, about 1 ½ hours.
4. Flatten the dough with your fist. Cut the dough into 2 pieces and shape the pieces into balls. Flatten the dough slightly. Dust the tops with flour. Place the balls of dough on a floured surface and cover each with plastic wrap, allowing room for the dough to expand. Let rise 60 minutes, or until doubled.
5. Flatten each ball, 1 at a time, and roll into a 6-inch round. Place each round in a single layer on a lightly oiled pizza pan sprinkled with a pinch or two of cornmeal. Pat out dough evenly with your fingers and stretch into a 14-inch round, re-flouring fingers if necessary.
6. Brush crust lightly with olive oil, sprinkle with a little parmesan cheese and bake for 3 minutes. Remove and cool for a minute before adding sauce and toppings.
7. Bake in middle of oven for 12-15 minutes Bake until dough is crisp and browned and cheese is golden and bubbling in spots. Let cool for 5 minutes before slicing.

# Quick & Easy Pizza Sauce~~~~~

## INGREDIENTS

- 2 cups crushed tomatoes or tomato puree
- 1 TBSP tomato paste
- 2 large garlic cloves, smashed
- 2 TBSPs olive oil



- 4 basil leaves plus more for sprinkling
- 1 tsp oregano
- 1/4 tsp sugar



## PREPARATION

1. Cook garlic in oil in a small heavy saucepan over medium-low heat until fragrant and pale golden, about 2 minutes.
2. Add tomato puree and paste, basil, oregano, sugar, and a pinch of salt.
3. Stir and simmer on low heat, uncovered. Stir occasionally, until the sauce has thickened a bit and reduced, about 20-30 minutes.
4. Taste and season if needed. Cool before putting on pizza crust.