



Whole Wheat Pizzas:

Canada's Food Guide recommends half of your plate being a variety of fruits and vegetables.

Canada's Food Guide recommends one quarter of your plate to be made up of food from the protein group.

Canada's Food Guide recommends one quarter of your plate be made of grains, preferably whole grains.

Yield: makes six 15 cm (6 inch) pizzas

Preparation Time: About 2 hours

<u>Ingredients:</u>	<u>Equipment:</u>
<ul style="list-style-type: none"> ○ 1 cup (250 mL) lukewarm water ○ 1 tsp (5mL) active dry yeast ○ 1 Tbsp (15 mL) olive oil ○ 1 ½ cups (325mL) bread flour, plus extra for handling the dough ○ 1 cup (250 mL) whole wheat flour ○ 1 tsp (5mL) salt ○ cornmeal for the baking tray (or parchment paper) ○ 1 cup (250 mL) tomato sauce ○ 2 Roma tomatoes, thinly sliced ○ 1 red pepper, thinly sliced ○ ½ zucchini, thinly sliced ○ 6 large leaves of fresh basil ○ 2 cups (500 mL) grated mozzarella cheese 	<ul style="list-style-type: none"> ○ liquid measuring cup ○ measuring cups and spoons ○ spoon for stirring ○ large-sized bowl ○ small knife ○ cutting board ○ small bowls for pizza toppings (or a tray) ○ box grater ○ large baking tray (or 2 small trays) ○ pastry scraper ('Fred') ○ rolling pin ○ spoon for spreading sauce ○ cooling rack ○ pizza cutter or knife

Method:

The dough:

1. Measure the lukewarm **water**. Add the **yeast**, stir and let stand for 5 minutes. Stir in 1 Tablespoon **olive oil**.
2. Measure the **bread flour** and the **whole wheat flour** and put in a large bowl. Sprinkle the **salt** on top. Mix the flours and salt together with a clean hand or a whisk. Make a well in the middle of the flour.
3. Pour the **yeast mixture** into the well and mix together with one hand until the dough comes together.
4. Sprinkle a little flour on the work area and put the dough on it. Knead the dough for about 5 minutes, until it is soft and smooth.
5. Put a few drops of olive oil in the bowl (wipe it clean first).
6. Put the ball of dough in the bowl. Swish it around, turn it over and put it back in the bowl. Cover the bowl with plastic wrap or a clean tea towel and put in a warm place to rise for an hour. It will double in size.

Pizza Toppings and Preparation:

1. Turn on the oven to 220C (425 F) (*a very hot oven!*).
2. Measure the **tomato sauce** and cut up the **pizza toppings** carefully with a small knife on a cutting board. Hold your hand like a claw to protect your fingers. Put the toppings in small bowls or on a tray.
3. Grate the **cheese**. Hold your hand flat to protect your fingers.
4. Sprinkle a large baking tray with some **cornmeal** so the pizza doesn't stick to it or line the baking tray with parchment paper.
5. When the dough has risen, take the dough out of the bowl and cut it into 3 equal pieces (a Y shape) with a pastry scraper ('Fred'). Cut each piece into 2 equal pieces so you have 6 pieces of dough. Gently roll each piece of dough into little balls. Cover with plastic wrap or tea-towel and let rest for 5 minutes.
6. Use your hands to flatten and stretch the dough pieces into roundish shapes about the size of a dessert plate. You can use a rolling pin if you wish.
7. Put the dough circles on the baking tray on top of the cornmeal or parchment.
8. Use a spoon to spread 3 Tbsp. **tomato sauce** on each piece of dough, not covering the edge of the dough.
9. Place the **tomatoes, red pepper and zucchini** on top of the tomato sauce. Tear the **basil** leaves in small pieces over top. Sprinkle with **cheese** to glue on the veggies.
10. Have an adult place the trays in the oven for about 20 minutes, or until the crust is lightly browned and the cheese is bubbly. Have an adult remove the pizzas from the oven when baked and place on a cooling rack.
11. Wait a few minutes before eating (*hot cheese can burn!*).

Tasty Tips:

- You can add many different toppings to your pizza. Look in the fridge and see what is there. Some ideas: ham and pineapple; feta cheese and spinach; onions and fresh tomatoes; pesto and sun-dried tomatoes; broccoli and Swiss cheese. Be creative!
- If you don't have the time to make the dough, you can make pizzas on pita bread, tortillas or even an English muffin.