

Arugula Salad Pizza



Servings: 4

For the Whole Wheat Pizza Dough:

1 teaspoon sugar

1 1/2 cups warm water

1 tablespoon active dry yeast

1 tablespoon olive oil

1 teaspoon salt

2 cups whole wheat flour

1 1/2 cups all-purpose flour

For the Arugula Salad Pizza:

2 tablespoons olive oil

125 grams salami slices

*10 ounces button mushrooms, sliced
salt, to taste*

8 ounces mozzarella cheese

4 cups arugula

2 teaspoons lemon juice

1 cup cherry tomatoes, halved

For the Whole Wheat Pizza Dough:

In a large bowl dissolve sugar in the warm water. Add active dry yeast and let sit for 10 minutes or until foamy.

Stir in olive oil, salt, whole wheat flour, and all-purpose flour. Mix until a dough starts to form.

Turn your dough out on to a lightly floured surface. Knead your dough until smooth and elastic about 10 minutes.

Place the dough into a lightly oiled bowl moving it around to coat the surface of the dough. Cover loosely with a tea towel and let rise for 1 hour or until doubled in size.

For the Arugula Salad Pizza:

Pre-heat oven to 475°F

Warm 1 tablespoon of olive oil over medium-high heat. Add mushrooms and season with salt. Sauté until the mushrooms release their liquid and are lightly browned 5-7 minutes. Transfer to a small bowl. Set aside.

Press and stretch the pizza dough evenly out into your pizza pan.

Top with salami, mushrooms, and mozzarella cheese. Bake in the oven for 15 minutes or until the crust is golden brown and the mozzarella cheese is melted.

Toss the arugula in remaining 1 tablespoon of olive oil and lemon juice. Arrange the arugula on top of the pizza. Top with cherry tomatoes. Return the pizza to the oven to wilt the arugula 2-3 minutes.

Slice and Serve

Per Serving (excluding unknown items): 777 Calories; 35g Fat (39.8% calories from fat); 34g Protein; 85g Carbohydrate; 9g Dietary Fiber; 79mg Cholesterol; 1417mg Sodium; 3g Total Sugars; 1mcg Vitamin D; 361mg Calcium; 6mg Iron; 615mg Potassium; 564mg Phosphorus. Exchanges: .