

Margherita Pizza



Servings: 8

For the 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

Toppings:

1 cup pizza sauce

1 ball mozzarella cheese, sliced
fresh basil

In a large bowl dissolve sugar in warm water. Add 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.

Place the dough on to a lightly floured surface and knead the dough until smooth and elastic about 10 minutes.

Place the dough into a lightly oiled bowl moving the dough around to coat the surface of the dough. Cover with a tea towel and let rise for 1 hour.

Punch the dough down and roll it out to the size of your pizza pan.

Top the pizza with pizza sauce and mozzarella cheese.

Bake in a 425°F oven for 15-20 minutes until the crust is golden brown and the mozzarella cheese is melted.

Add fresh basil leaves to the top.

Let the pizza cool for 10 minutes before slicing.

Serve

Per Serving (excluding unknown items): 237 Calories; 4g Fat (14.6% calories from fat); 8g Protein; 43g Carbohydrate; 5g Dietary Fiber; 3mg Cholesterol; 420mg Sodium; 2g Total Sugars; trace Vitamin D; 51mg Calcium; 3mg Iron; 263mg Potassium; 170mg Phosphorus.
Exchanges: .