

Cheesy Veggie Pizza

Makes 2 rectangular pizzas each approximately 16 x 12 inch long

Pizza Dough

1 (1/4 ounce) package active dry yeast
2 cups warm water (105°-110° F.)
1 teaspoon granulated sugar
4 tablespoons olive oil
4 cups bread flour mixed with
2 cups white whole wheat flour
1 tablespoon salt
Nonstick cooking spray or 1 teaspoon olive oil

Pizza Sauce

1 teaspoon extra virgin olive oil
2 garlic cloves, minced
1 pinch red pepper flakes
1 (28 ounce) can crushed tomatoes
1 teaspoon oregano
3 tablespoons fresh basil leaves, chopped

Toppings

2 cups shredded mozzarella cheese (use a low-fat, part-skim mozzarella)
1 cup sliced mushrooms
1 cup red bell pepper, chopped
1 cup sliced black olives
1 cup frozen chopped broccoli, thawed and drained
4 tablespoons extra-virgin olive oil

1. In a large mixing bowl, dissolve the yeast in the warm water. Add the sugar and blend well. Allow the mixture to proof and become foamy. This shows the yeast is alive.
2. Add the olive oil and half the flour mixture. Blend well.
3. Add the salt and enough of the remaining flour to make a soft dough. Knead on a lightly floured work surface until the dough is smooth and elastic.
4. Place the dough into a large bowl that has been sprayed with nonstick cooking spray or coated with olive oil. Flip the dough over so the greased side is facing up. Cover the bowl with plastic wrap and place in a warm spot to rise until doubled in volume, approximately 45 minutes.

5. Preheat the oven to 500° F. Drop a few drops of extra virgin olive oil on each of 2 rectangular sheet pans and coat the surface of each pan using a paper towel or your hands. Set aside.
6. Punch the dough down to deflate it and divide it into 2 equal pieces. Press each half into the two greased pans pressing the dough out evenly over the pans.
7. In a medium saucepan, heat the olive oil to medium-high and sauté the garlic until it becomes very fragrant, about 1 minute. Be sure not to allow it to burn. Add the red pepper flakes followed by the remaining sauce ingredients and remove from the heat until ready to use.
8. Spread the sauce over the two pizza doughs.
9. Cover the pizzas with the cheeses and vegetables.
10. Drizzle each pizza with half of the olive oil. Bake for 20 minutes or until the cheese is bubbly and the crust is golden brown.