



Homemade Pizza Crust

8 servings

Balancing the calories you eat with the calories your body uses will help you maintain a healthy weight and prevent disease.

- 1 ½ cups whole wheat flour
- 1 ¼ cups all-purpose flour
- 2 1/4 teaspoons baking powder
- 1 teaspoon salt
- 1 Tablespoon vegetable oil
- 3/4 cup water
- ½ cup pizza sauce
- 2 cups vegetables, washed (sliced tomatoes, shredded carrots, sliced bell peppers, sliced onion, etc.)

5 ounces Mozzarella cheese, shredded Fresh basil leaves, gently rubbed under cold running water (optional)

- 1. Wash hands with soap and water.
- 2. Preheat oven to 400 °F.
- 3. Spray a large baking sheet or pizza pan with nonstick cooking spray. Set aside.
- 4. In a medium bowl, combine flour, baking powder, and salt.
- 5. Add oil and water. Stir until it forms a ball. If dough is stiff add up to $\frac{1}{4}$ cup more water.
- 6. Knead dough on a floured surface for 3-4 minutes.
- 7. Press/roll dough out on a prepared pan.
- 8. Spoon pizza sauce on dough.
- 9. Arrange desired toppings over sauce. Sprinkle on cheese.
- 10. Bake for 15 25 minutes.
- 11. Store leftovers in a sealed container in the refrigerator for up to 4 days.

Nutrition Information per Serving: (1/8 of pizza) Calories 220, Total Fat 6g, Saturated Fat 2g, Sodium 582mg, Total Carbohydrate 32g, Dietary Fiber 3g, Protein 10g



This institution is an equal opportunity provider. This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.









