

## 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 1/4 cup whole wheat flour
- 1 1/4 cup all-purpose flour
- 2 3/4 teaspoons baking powder
- 1 teaspoon salt
- 1 Tablespoon vegetable oil
- 3/4 cup water
- 1/2 cup pizza sauce
- 2 cups vegetables (Gently rub tomatoes under cold running water and slice. Scrub carrots, onions, and green pepper with clean vegetable brush before shredding carrots, and slicing onion and bell pepper.)
- 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 non-stick 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 1/4 c. 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.

**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**