

BROCCOLI!



WHOLE WHEAT GARDEN PIZZA

Yield: 4-6 Servings

Recipe created by Recipe for Success

INGREDIENTS

FOR THE WHOLE WHEAT PIZZA DOUGH

1½ tablespoons	honey or evaporated cane sugar
1½ cups	warm water (90-110°F)
1 tablespoon	active dry yeast
1 tablespoon	olive oil + more for coating the bowl
1 teaspoon	salt
2 cups	whole wheat flour
1½ cups	all-purpose flour

FOR THE GARDEN PESTO

3	large garlic cloves
½ cups	almonds
⅓ cup	grated Parmesan cheese
1 teaspoon	kosher or sea salt
½ teaspoon	black pepper
1 cup	loosely packed basil leaves
½ cup	loosely packed parsley leaves
½ cup	fresh spinach leaves
⅔ cup	extra virgin olive oil

FOR THE PIZZA

1	recipe whole wheat pizza dough
	extra flour for rolling the dough
4 tablespoons	cornmeal for the pizza pan
1	recipe pesto
2	russet potatoes (or other seasonal garden harvest)
2 cups	mixed fresh garden vegetables
1 cup	goat cheese

(recipe continued on other side)

BROCCOLI IS HIGH IN VITAMINS A AND K. TOGETHER, THESE TWO SYNTHESIZE VITAMIN D, AN IMPORTANT NUTRIENT IN BONE, MUSCLE, AND HEART HEALTH.

WHOLE WHEAT GARDEN PIZZA CONTINUED

Preheat oven to 500°F.

MAKE THE DOUGH

Measure hot water into liquid measuring cup, add honey and yeast and stir. Let sit for 5 minutes or until foam begins to form on the top.

Combine all purpose flour, whole wheat flour and salt into a bowl and whisk together.

Slowly pour ½ of the warm yeast mixture into the bowl with the flour and mix together with a fork.

Add the rest of the yeast mixture slowly and continue mixing until combined.

With your hands, knead the dough for 5-7 minutes. The dough should stretch without tearing.

Line a glass bowl with the olive oil or cooking spray and add the dough. Cover with plastic wrap and let the dough rise for at least 1 hour or until it doubles in size.

PREPARE THE PESTO

Peel the garlic and add to a small bowl.

Measure almonds, Parmesan, salt, and pepper to the bowl with the garlic.

Add ingredients to a food processor and pulse until it forms a paste.

Add basil, parsley and spinach to food processor and pulse until combined with almond mixture.

With the food processor running, slowly add in the olive oil.

MAKE THE PIZZA

Preheat oven to 500°F.

Chop mixed vegetables into small pieces, add to a bowl.

Grate the potatoes into small shreds and add to bowl with vegetables. Set aside.

Punch down the risen dough and divide into 4 even pieces.

Using a rolling pin, roll out the dough on a lightly floured surface.

Sprinkle each pizza pan with 1 tablespoon of cornmeal and place each dough circle on a pan. Stretch the dough a little if needed.

Divide the Garden Pesto between the 4 pizzas and spread with the back of a spoon or spatula.

Divide the mixed vegetables, potato and goat cheese between the pizzas and sprinkle on top.

Bake in the oven for 10-12 minutes.

Note: Dough can also be made in a food processor or mixer with a dough hook by combining flours and salt in processor and slowly pouring in the yeast water with the motor on. Let run for 1 minute once a dough ball is formed. Dough can be frozen by wrapping in plastic wrap. Transfer to refrigerator the night before you plan to use it.



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