

Pizza - The Works

Serves 8, 1 slice per serving

Ingredients

- 1 large onion
- 1 medium green bell pepper
- 1 medium red bell pepper
- 8 ounces button mushrooms
- 2 medium tomatoes
- 1 (6-ounce) block mozzarella cheese
- 1 Tablespoon canola oil
- 1 frozen or refrigerated whole wheat pizza dough, defrosted
- Non-stick cooking spray
- ¼ teaspoon dried basil
- ¼ teaspoon dried oregano
- 1 (8-ounce) can tomato sauce, no salt added

Optional Ingredients

- ¼ teaspoon dried parsley
- 15 (2-inch diameter) turkey pepperoni slices



Directions

1. Preheat oven to 450°F.
2. Rinse and peel onion. Rinse peppers, mushrooms, and tomatoes. Dice onion, peppers, and tomatoes into ½-inch pieces. Slice mushrooms ¼-inch thick.
3. Grate cheese.
4. In a large skillet over medium-high heat, heat oil. Add onions, mushrooms, and peppers. Cook for 3 minutes. Remove from heat and stir in tomatoes.
5. Shape dough into a 12-inch pizza round. Use your fingers to stretch and spread the dough.
6. Coat a baking sheet with non-stick cooking spray. Place pizza dough in center of sheet.
7. Mix dried basil and dried oregano into tomato sauce. If using dried parsley, add now. Spread a layer of sauce across dough.
8. Sprinkle cheese evenly across dough. Spread vegetable mixture evenly over the pizza. If using turkey pepperoni, add a layer of slices now.
9. Bake pizza until cheese is melted and crust is browned on the sides and bottom, about 20-25 minutes. Remove from oven.
10. Let rest for 2 minutes. Using a sharp knife, cut into 8 pieces.

Nutrition Facts

Serving Size 1/8 of pizza
Servings Per Recipe 8 slices

Amount Per Serving

Calories 200 **Calories from Fat** 80

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 320mg **14%**

Total Carbohydrate 25g **9%**

Dietary Fiber 2g **7%**

Sugars 6g

Protein 10g

Vitamin A 20% • Vitamin C 70%

Calcium 15% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Chef's Notes



- Make your own whole wheat dough. Or, look for prepared whole wheat pizza dough in the refrigerator section of your store.
- Try making a calzone. Lightly coat a baking sheet with non-stick cooking spray. Lay dough on sheet. Cover half the dough with sauce, cheese, and veggies. Fold the dough in half over toppings and seal the edges. Bake for 6 minutes. Turn over, then bake an extra 6 minutes.
- Make mini pizzas using English muffins or pita bread for the crust.
- Top pizza with any seasonal veggies you like. Try broccoli, red onion, zucchini, or others.
- Instead of using canned tomato sauce, make your own.
- For a crispier crust, precook the crust for 10 minutes after step 7, and then reduce the cooking time in step 10 to 10-15 minutes.