

Elaine's Pizza

Serving Size: 1/6 of 1 pizza

Serves: 12

Ingredients for two 12 inch crusts

1 cup warm water

1 pkg rapid rise dry yeast

1½ cups all-purpose flour

1 tablespoon extra virgin olive oil

½ teaspoon salt

Directions for Crust

Combine water and yeast in a large bowl. Add half the flour and mix well. Add the oil, salt and half of the remaining flour. With your hands or a wooden spoon, work the ingredients together until dough holds its shape. Use the remaining flour gradually as needed to get the dough to hold its shape.

Place the dough on a lightly floured surface and knead with the heel of your hand for 5 minutes until it is smooth and elastic. If the dough becomes sticky, sprinkle with flour while kneading.

Remove the dough to a lightly oiled bowl and cover with a kitchen towel. Let it rise for 30 minutes or until about doubled in size.

Return the dough to a lightly floured surface; divide into equal parts; and let rest for 5 – 10 minutes.

Sauce Ingredients

1 tablespoon extra virgin olive oil

1 clove garlic, minced

4 large tomatoes, diced

¼ teaspoon salt

1 teaspoon ground black pepper

5 leaves fresh basil, cut julienne

Directions for Sauce

Heat the oil. Combine the garlic, tomatoes, salt and pepper and simmer 2-3 minutes to blend flavors. Stir in the basil. Reserve to use on two 12 inch crusts.

Pizza toppings for two pizzas

1 cup part skim or low fat mozzarella cheese, grated

1 medium eggplant, thinly sliced and grilled

1 medium sweet red onion, thinly sliced

1 9oz pkg frozen artichoke hearts, thawed and sliced

1 medium green pepper, chopped

1 cup sliced black olives
1 teaspoon ground black pepper
1 teaspoon fresh oregano, minced
1 teaspoon fresh basil, minced
1 tablespoon fresh parsley, minced

Directions for Pizza

Spray two 12 inch pizza pans or one 24 inch pan with cooking spray. Shape the dough by rolling it out or by pressing it with your hands. Turn up the edges to form a crust.

Spread the reserved sauce on each crust. Add the toppings, starting with the cheese. Layer the vegetables so that all of the colors show. Top with the pepper and fresh herbs.

Bake in a preheated 450 degree oven for 20 minutes or until the crust is golden brown.

Exchanges per serving:

1 Starch, 3 Vegetable, 1 Fat

Nutrients per serving:

Calories: 193

Calories from fat: 46

Total Fat: 5g

Saturated Fat: 1g

Cholesterol: 5mg

Sodium: 305mg

Carbohydrate: 31g

Dietary Fiber: 5g

Protein: 7g