

Grilled Pizza

Ingredients:

For the Dough:

- 1 cup white bread flour
- 1 cup whole-wheat flour
- ¼ teaspoon salt
- 1 teaspoon sugar
- 1 package quick rise yeast
- 2/3 cup hot water
- 1 tablespoon olive oil

Toppings:

- ¼ cup tomato sauce
- 1 ½ ounces fresh mozzarella,
thinly sliced
- Fresh basil leaves

Equipment Needed:

- Flour Sifter
- Measuring cups
- Measuring spoons
- Medium mixing bowl
- Small mixing bowl
- Grill
- Cutting board
- Knife
- Tongs
- Pizza cutter

Number of Servings: 8

Prep Time: 45 minutes

Total Time: 1 hour

Directions

1. Sift together white bread flour, salt and sugar into large bowl. Blend yeast with flour mixture. Add hot water; stir to form dough.
2. Add enough whole-wheat flour to make a dough that sticks together in a soft, rather flat, ball form.
3. Sprinkle half of the remaining whole-wheat flour on the kneading surface. Turn out dough onto floured surface and knead to form stiff dough, adding as much of the remaining flour as needed to make dough smooth and elastic. Knead about 5 minutes.
4. Coat inside of small mixing bowl with ½ tablespoon olive oil. Place dough in bowl, turning to coat completely with oil. Cover and allow to rise at room temperature until dough has doubled in bulk, about 10-15 minutes.
5. Preheat grill to medium-high on just one side. Clean and lightly oil hot grill.
6. On a lightly floured surface, roll out dough into a 10 inch long oval. Brush one side with olive oil.
7. Carefully place the dough, oiled side down, directly over heat source of the grill. Brush top side of dough with oil and cook until bottom is lightly charred and the top has begun to bubble, about 1-2 minutes.
8. Using tongs, flip dough and cook another 1-2 minutes or until lightly charred. Slide dough to cooler side of the grill.
9. Spread tomato sauce on dough. Arrange mozzarella slices and basil leaves on pizza. Cover grill and cook until cheese melts and toppings are heated through, about 2-5 minutes.

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Nutrition Facts

Serving Size: 1/4 pizza	
Servings: 4	
Amount Per Serving	
Calories 166	Calories from Fat 45
%Daily Value*	
Total Fat 5g	7%
Saturated Fat 2g	10%
Cholesterol 10mg	3%
Sodium 206mg	9%
Total Carbohydrate 25g	8%
Dietary Fiber 3g	12%
Protein 7g	13%
Vitamin A 7%	Vitamin C 2%
Iron 9%	Calcium 8%
*Percent Daily Values are based on a 2,000 calorie diet.	

**TIP: MIX AND MATCH
 DIFFERENT VEGGIE
 TOPPINGS, LIKE SPINACH,
 ONIONS OR MUSHROOMS.**

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