Whole Wheat Pizza Crust

INGREDIENTS:
2 tsp. active dry yeast
3/4 c. warm water (105 to 115 F)
1 c. whole-wheat flour
3/4 c. bread flour (For best results, use part bread flour and part whole-wheat flour.)
1/2 tsp. salt
1 Tbsp. olive oil

DIRECTIONS:
In a medium bowl, dissolve yeast in water. Stir in both types of flour and salt. Add oil and mix. Turn out on a floured surface and knead about five minutes or until smooth and elastic. Place dough in a greased bowl, turning dough to coat the top. Cover and let rise in a warm place about one hour, until doubled in size. Punch down and let rest 10 minutes.

On a floured surface, roll dough into a large rectangle for a thin-crust pizza or to fit a 12- or 14-inch pizza pan for a thicker crust. Place on a baking sheet or pizza pan sprinkled with cornmeal. Pinch edges to form a lip. Top with your favorite sauce, veggies, meat and cheese. Drizzle with olive oil. Bake in a preheated 450 F oven for about 15 minutes. The baking time will vary, depending on the thickness of the crust and the toppings.

NUTRITION:
Makes eight servings of crust. Each serving has 110 calories, 2.5 grams (g), 4 g protein, 18 g carbohydrate, 2 g fiber and 150 milligrams sodium.