

Whole-wheat Pizza Dough

Ingredients:

- 1 c. all-purpose flour (plus additional flour as needed)
- 1½ c. whole-wheat flour
- 1 tsp. salt
- 1¼ c. warm water (105 F to 115 F)
- 2 Tbsp. olive oil
- 2 (2 ¼ tsp.) packets active dry yeast
- 1 tsp. sugar

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Teens!"
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Directions:

- Use a mixer with a dough hook or mix by hand in a large mixing bowl. Combine all dry ingredients except sugar and yeast. Make a "well" in the center of the dry ingredients. Combine warm water, yeast, sugar and olive oil. Slowly add liquid to dry ingredient "well" and mix until all flour is incorporated, adding more flour to make a ball. Knead on a floured work surface for about 10 minutes or until dough is smooth and elastic. Shape into ball, place into lightly greased bowl and turn once to grease entire surface. Cover bowl with clean towel, place in a warm, draft-free location and let rise until double.

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Preheat oven to 425 F. Punch down dough, form into a small circle and place on floured work surface. Let rest for five minutes and then press out dough until it is slightly larger than pan size (use a rolling pin if you like). Fold dough in half and half again. Place "wedge" onto greased 16-inch pizza pan that's been "dusted" with corn meal. Unfold dough and crimp edges to form a crust. You also can divide dough in half to make a thin-crust pizza; use a rolling pin to press into two 10-inch by 15-inch pans. Top with favorite sauce and toppings and bake in 425 F oven for 15 to 20 minutes.

*Yield: 1 16-inch pizza with thick crust or 2 10-inch by 15-inch thin-crust pizzas.
Makes eight servings. Per serving: 170 calories, 4 grams (g) fat, 29 g carbohydrate.*

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