

Thin-Crust Whole Wheat Veggie Pizza

Serves 4

$\frac{3}{4}$ to 1-cup all-purpose flour, divided
 $\frac{1}{2}$ cup thinly sliced zucchini
 $\frac{1}{2}$ cup whole-wheat flour
 $\frac{1}{3}$ cup chopped green onions
1-teaspoon quick-rise active dry yeast
1 large roasted red bell pepper*, cut lengthwise into thin strips or $\frac{3}{4}$ cup sliced, drained
bottled roasted red peppers
1 $\frac{1}{2}$ teaspoons dried basil leaves, crushed, divided
 $\frac{1}{4}$ teaspoon salt
1-tablespoon olive oil
1 large clove garlic, minced
 $\frac{1}{2}$ cup of very warm water (120 degrees F to 130 degrees F)
1 cup (4 ounces) shredded part-skim mozzarella cheese
1 teaspoon yellow cornmeal
 $\frac{1}{2}$ cup no salt added tomato sauce
 $\frac{1}{4}$ teaspoon red pepper flakes
1 cup thinly sliced mushrooms

1. Combine $\frac{1}{2}$ all-purpose flour, whole-wheat flour, yeast. 1-teaspoon basil and salt. Blend oil with garlic in small cup; stir into flour mixture with water. Stir in $\frac{1}{4}$ cup all-purpose flour until soft, slightly sticky dough form adding remaining $\frac{1}{4}$ cup all-purpose flour to prevent sticking if necessary. Knead dough on lightly floured surface about 5 min. or until smooth and elastic. Shape dough into a ball. Cover with inverted bowl or clean towel; let rest 10 minutes.
2. Place oven rack in lowest position; preheat oven to 400 degrees F. Spray 12-inch pizza pan or baking sheet with nonstick cooking spray; sprinkle with cornmeal and set aside. Roll dough into large circle on lightly flour surface. Transfer to prepared pan, stretching dough out to edge of pan. (Too much rolling makes crust heavy and dense; stretching dough to fit pan it's best.)
3. Blend tomato sauce and remaining $\frac{1}{2}$ teaspoon basil in small bowl; spread evenly over crust. Top with mushrooms, zucchini, green onions, roasted red pepper on top. Bake 20 to 25 minutes or until crust is golden brown and cheese melts.

DIETARY EXCHANGES:

2 STARCH, 1 LEAN MEAT, 1 VEGETABLE, 1 FAT

NUTRIENTS PER SERVING:

Cal.: 270	Cal. From Fat: 28%
Total Fat: 9g	Sat. Fat: 3 g
Carbs: 36 g	Protein: 13g
Chol.: 16mg	Sodium: 290
Fiber: 4	