



# Create-Your-Own Pizza

Serves 8

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| <p><b>Crust:</b></p> <p>1 cup warm water (105° - 115°F)<br/>         1 package active dry yeast<br/>         2 tablespoons canola oil<br/>         2 cups whole wheat flour<br/>         1 teaspoon salt<br/>         ½ - 1 cup all purpose flour<br/>         Cornmeal</p> | <p><b>Suggested Toppings:</b></p> <p>1 8-oz. can tomato sauce, no salt added<br/>         1 tablespoon pizza seasoning<br/>         ¼ cup sliced turkey pepperoni<br/>         ½ cup sliced onion<br/>         1 cup sliced green bell pepper<br/>         1 cup sliced sweet red pepper<br/>         1 cup sliced fresh mushrooms<br/>         1 cup sliced fresh asparagus<br/>         2 cups shredded pizza cheese</p> | <p><b>Nutrition Facts</b></p> <p>Serving Size 1 slice (200g)<br/>         Servings Per Container 8</p> <hr/> <p>Amount Per Serving</p> <p><b>Calories 330</b>    <b>Calories from Fat 100</b></p> <hr/> <p><small>% Daily Value*</small></p> <p><b>Total Fat 11g</b>                      <b>17%</b><br/>         Saturated Fat 4g                    <b>21%</b><br/>         Trans Fat 0g</p> <p><b>Cholesterol 30mg</b>                <b>10%</b><br/> <b>Sodium 670mg</b>                    <b>28%</b><br/> <b>Total Carbohydrate 41g</b>        <b>14%</b><br/>         Dietary Fiber 6g                    <b>23%</b><br/>         Sugars 3g</p> <hr/> <p><b>Protein 17g</b></p> <hr/> <p>Vitamin A 20%    •    Vitamin C 50%<br/>         Calcium 25%    •    Iron 15%</p> |
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Directions: Remember to wash your hands!

1. Dissolve yeast in warm water; let set for 5 minutes.
2. Combine whole wheat flour and salt. Add yeast mixture and oil. Stir to combine. Gradually add all purpose flour and knead for 3 to 5 minutes or until it becomes a soft dough.
3. Cover dough and let rest 10 minutes.
4. Roll dough into a 14-inch circle and place on a greased pizza pan dusted with cornmeal. Prick dough with a fork to prevent bubbles during baking.
5. Spread dough with tomato sauce and sprinkle with pizza seasoning.
6. Top with pepperoni, onion, green and red peppers, mushrooms, asparagus and cheese.
7. Bake on the bottom rack of a preheated 425°F oven for 20-30 minutes or until crust is golden brown and cheese is melted and lightly browned.
8. With a pizza cutter, cut pizza into 8 slices. Serve immediately.

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