

Carol's Green Pizza

Carol writes, "This pizza crust is made with pantry staple ingredients and the food processor resulting in e-a-s-y!!! The "green" sauce and toppings give the pizza a gourmet flair while being super nutritious."

Ingredients:

One ball of homemade whole wheat pizza dough (recipe below)

1/2 cup light pesto (recipe below)

2 cups chopped broccoli florets

1/4 cup water

6 cups baby spinach

Freshly ground sea-salt

Freshly ground pepper to taste

1 cup shredded part-skim mozzarella cheese

Directions:

Position oven rack in lowest position; preheat to 450°F. Coat a 13 inch pizza pan with cooking spray.

Roll out dough on a lightly floured surface to about the size of the pizza pan. Transfer to pan.

Cook broccoli and water covered in a large skillet over medium heat until the broccoli is crisp-tender, about 3 minutes. Stir in spinach and cook, stirring, until wilted, 1 to 2 minutes more. Season with salt and pepper.

Spread pesto evenly over crust, top with the broccoli mixture and sprinkle with cheese. Bake until crispy and golden and cheese is melted, 8 to 10 minutes.

Whole Wheat Pizza Dough Recipe

Ingredients:

1 1/2 cup whole-wheat flour
1/2 cup all-purpose flour
2 and 1/4 teaspoons quick-rising yeast
1 teaspoon salt
1/2 teaspoon sugar
3/4 cup hot water (120-130°F)
1 tablespoon extra-virgin olive oil

Directions:

Combine whole-wheat flour, all-purpose flour, yeast, salt and sugar in a food processor and pulse to mix. Combine hot water and oil in a measuring cup. With the motor running, gradually pour in enough of the hot water until the mixture forms a sticky ball. The dough should be quite soft. If it seems dry, add 1 to 2 tablespoons warm water; if too sticky, add 1 to 2 tablespoons flour.

Process until the dough forms a ball, then process for 1 minute to knead. Transfer the dough to a lightly floured surface. Coat a sheet of plastic wrap with cooking spray and place it, sprayed-side down, over the dough. Let the dough rest for 10 to 20 minutes before rolling.

Light Pesto Recipe

Ingredients:

4 ounces Romano cheese, cut into 1-inch pieces
6 cloves garlic
3 cups loosely packed fresh basil leaves
1/3 cup chopped walnuts
3/4 teaspoon salt
1/8 teaspoon pepper
1/4 cup lemon juice

Directions:

In a food processor, combine Romano cheese and garlic; cover and process for 30 seconds. Add the basil, nuts, salt and pepper; cover and process until combined, about 15 seconds. While processing, add the lemon juice; process about 15 seconds longer or until combined.