

Beth's Rustic Tuscan Pizza

Buy a bag of whole wheat pizza dough and top it with an assortment of your Plan B veggies and pantry items. One pizza serves two as a main or four as an appetizer.

Ingredients:

1 bag whole wheat pizza dough (makes two pizzas)

1 can pizza sauce (makes two pizzas)

Toppings (choose as many as you like):

shredded mozzarella cheese

goat cheese

finely chopped garlic scape

diced green onions/scallions

oven roasted asparagus

sliced mushrooms

arugula (use this topping after the pizza bakes--let it wilt gently on top of the freshly baked pizza)

chopped sundried tomatoes

sliced kalamata olives

chopped artichoke hearts

prosciutto

capers

roasted red peppers

Directions:

Divide the dough in half. Sprinkle a handful of flour on the counter, plop the dough on the flour and knead the dough several times, turning it over as you go and working it until it is soft, supple and dry to the touch. Cover it with plastic wrap and let it sit for at least 20 minutes.

When ready to make the pizza, flatten the dough ball and pick it up by the edges. Let its weight drag down and gently stretch out the dough. The dough will be like a tensed muscle--it needs to be gently worked until it releases and then softens in your hands. Once it feels loosened up, put it flat on the counter and use a rolling pin to stretch it out. Let it rest if you need to if it's still too "tense".

Transfer the dough to a cookie sheet or pizza stone. Now you are ready to top your pizza with the pizza sauce and toppings.

When you have added all your toppings, bake for ten minutes in a 500F pre-heated oven.