



## From the [www.homebaking.org](http://www.homebaking.org) kitchen Video How-To-Recipes

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**Includes instructions for overnight refrigerator pizza dough and par-baked pizza crusts—freeze for quick meal later!**

*TIP: Always read the recipe top to bottom before you begin!*

### Cheese Tomato Pizza

Makes 2, (12- to 14- inch) pizzas, 16 slices

#### Ingredients:

##### Dough:

- 1 ½ cups all-purpose or Ultragrain® flour
  - 1 to 1 ½ cups whole wheat flour
  - 1 tablespoon sugar
  - 1 package fast rising yeast\*
  - 1-1/2 teaspoons salt
  - 1 cup water
  - 2 tablespoons vegetable or olive oil
- \*OR, Dissolve 1 pkg. active dry yeast in ¼ c. 90 ° F water, then add to bowl

##### Topping:

Quick Tomato Sauce (recipe follows below)

- 1-1/2 cups shredded mozzarella cheese or blend
- 1/2 cup grated Cheddar cheese
- 1/2 cup grated fresh Parmesan or Romano cheese

Optionals: ¼ cup each, chopped peppers, olives, scallions/onions, mushrooms, 2 oz. browned or diced cured meats

##### Directions

1. In large bowl, combine 2 cups flour, sugar, undissolved yeast, and salt. Heat water and oil until warm (90°-105 ° F.). Stir into dry ingredients. Stir in only enough remaining flour to make rough ball of dough. Turn out onto lightly floured surface or knead in bowl. *You may not use all the flour.*

Knead until smooth and elastic, 8 to 10 minutes. If dough is too dry or stiff, knead in 1-2 T. water.

2. Cover; let rest 10 minutes. (OR, Refrigerate in an oiled sealed container, overnight, punching once and reforming into a ball after an hour).

2. Divide dough in half. Shape each half into a ball. Roll or press each into a 12 to 14-inch circle. Place each on greased pizza pans or baking sheets. Brush or rub with garlic and oil. Prick dough with fork; let rest 10 minutes.

3. Par-bake crusts at 450°F for 5-7 minutes. If freezing for later use, remove crusts from pans; place on wire cooling racks. Wrap in plastic food wrap and freeze for later use **OR** Spread Quick Tomato Sauce evenly on each crust; sprinkle chopped veggies and cheese.

4. Bake on wire racks at 450 °F for 10 minutes or until done. Cut into wedges and serve immediately.

**Quick Tomato Sauce:** Combine 1 (8-ounce) can tomato sauce and 1/4 cup tomato paste. Stir in 1/2 teaspoon each of crushed dry oregano, garlic and crushed basil.

**More Pizza at:** Members links, [www.homebaking.org](http://www.homebaking.org)

Cost: \$ 0.75 for two crusts/\$2.50, two pizzas

**One 2.5 oz. slice of 16 provides:**

	% Daily Value*	
<b>Total Fat</b> 4.5g		<b>7%</b>
Saturated Fat 2g		<b>9%</b>
<b>Cholesterol</b> 5mg		<b>2%</b>
<b>Sodium</b> 390mg		<b>16%</b>
<b>Total Carbohydrate</b> 17g		<b>6%</b>
Dietary Fiber 2g		<b>8%</b>
Sugars 2g		
<b>Protein</b> 7g		
Vitamin A 6%	•	Vitamin C 6%
Calcium 10%	•	Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:  
Calories: 2,000 2,500

Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4