



## Artichoke and Red Pepper Pizza

### **Pizza dough**

(Makes enough for two 14-inch pizzas)

- 3 cups whole-wheat flour
- 1 cup water
- 1 tbsp honey
- 2 tbsp oil
- 1 tsp lite salt
- 1 pkg yeast

Dissolve yeast in ¼ cup warm water (105-115 degrees). Let stand for 10 minutes until slightly bubbly. Meanwhile, combine dry ingredients and add olive oil, honey and remaining cold water. Add yeast and mix together. Knead by hand until smooth and glossy; form into ball and put into oiled bowl, turning to coat. Cover with plastic wrap and a towel. Allow to rise until doubled – about 1 hour. Divide in half. At this point, the dough can be wrapped and frozen for up to 2 months. (Thaw at room temperature for 30- 60 minutes)

Cut parchment paper to size of pizza stone, including tabs for “handles” and place on top of cutting board or cookie sheet. Preheat oven and pizza stone to 450 degrees. Toss or press pizza onto parchment round. Add toppings immediately or, for a crisper crust, prebake dough for 7-10 minutes on heated stone before adding toppings.

### **Toppings**

(For one 14-inch pizza)

- 1 Tbsp olive oil
- ¾ cup roasted red bell peppers, sliced into thin strips
- 1 tsp dried basil
- 1 tsp dried oregano
- 3 - 6 cloves garlic, minced
- 1 (14-ounce) can artichoke hearts, rinsed, drained and coarsely chopped
- 1 ½ cups thin sliced fresh mushrooms
- 1 ½ cups reduced fat mozzarella cheese, shredded
- Fresh cracked pepper

Heat non-stick skillet to med-high. Sauté mushrooms; remove from pan and set aside. Add roasted pepper to pan along with garlic, basil and oregano and sauté for 3 minutes. Remove from heat. Stir in mushroom and artichokes.

Sprinkle half of cheese on pizza dough. Top with vegetable mixture. Top with remaining cheese and sprinkle with cracked pepper. Bake at 450 for 10 - 13 minutes or until crust is lightly browned. Makes 6 servings.

### **Nutrition Facts**

Serving Size: One slice

Calories	290
Total Fat	11g
Saturated Fat	3.5g
Cholesterol	20mg
Sodium	500mg
Carbohydrates	37g
Dietary Fiber	11g
Protein	14g

### **Diabetic Exchanges**

Protein	2
Fat	2
Carbohydrates	2

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