

Whole Wheat Pizza Dough

Yield: one 16-inch pizza (8 servings)

Ingredients:

1 cup all-purpose flour	2 tablespoons olive oil
1½ cups whole wheat flour	1 teaspoon sugar
1 teaspoon salt	1¼ cups plus 1
2 packets active dry yeast	tablespoon warm water (105 F to 115 F)

Procedure:

In a large mixing bowl, combine all dry ingredients except sugar and yeast. Stir together thoroughly and form a well in center. Blend remaining ingredients and pour into well. Brush flour into liquid with fingertips until all flour is incorporated, then gather dough into ball. Knead on a floured work surface for about 10 minutes or until dough is smooth and elastic. Shape into ball, place in lightly greased bowl and turn once to grease entire surface. Cover bowl with clean towel, place in a warm, draft-free location and let rise until double. Punch down dough, form into a small circle and place on floured work surface. Let rest for 5 minutes, then press out dough until it is slightly larger than pan size (use a rolling pin if you like). Fold dough in half and in half again. Place "wedge" onto greased pizza pan that's been "dusted" with corn meal. Unfold dough and crimp edges to form a crust. Top with favorite sauce and toppings and bake in 500 F oven for about 20 minutes.

crust contains
170 calories
and 4 grams of
fat per slice
(1/8 of recipe)

One slice contains 1 gram of fiber.

NDSU Agriculture Communication



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