Classic Margherita Pizza with Whole-Wheat Pizza Crust

This homemade pizza is a delicious, fun way to get the whole family cooking together. Pair it with a dark, leafy salad and you have a meal everyone will enjoy.

Ingredients

Pizza Crust

1 1/2 cups warm water

2 1/4 teaspoons dry yeast

1/4 teaspoon sugar

2 1/2 cups all-purpose flour and 1/2 cup all-purpose flour (for dusting), divided use

1 cup whole-wheat flour

1 tablespoon extra-virgin olive oil
OR
1 tablespoon canola or corn oil

1/4 teaspoon salt

Cooking spray

2 tablespoons finely chopped fresh rosemary
OR
2 teaspoons dried rosemary

1 tablespoon plus 1 teaspoon minced garlic

Sauce and Toppings

1 teaspoon extra-virgin olive oil

1 small onion, chopped

1 medium garlic clove, minced

1 8-ounce can no-salt-added tomato sauce

2 tablespoons fresh chopped basil and 2 tablespoons fresh chopped basil, divided use
OR
2 teaspoons dried basil and 2 teaspoons dried basil, divided use

1/4 teaspoon crushed red pepper flakes

Cooking spray

1/4 cup low-fat, part-skim ricotta cheese

3/4 cup part-skim shredded mozzarella cheese

1 1/2 cups fresh diced tomatoes
OR
1 14.5-ounce can no-salt-added diced tomatoes

Directions

Sauce and Toppings

In a small saucepan, heat 1 teaspoon oil over medium heat, swirling to coat the bottom. Cook the onion and garlic for 3 to 4 minutes, or until the onion is soft. Stir in the tomato sauce, 2 tablespoons fresh basil, and crushed red pepper flakes. Reduce the heat. Simmer for 15 minutes.

Spread the sauce over the dough. Spoon 1 tablespoon mounds of the ricotta over the sauce. Using a spatula, flatten each mound slightly to spread. Sprinkle the mozzarella all over. Top with the tomatoes and remaining 2 tablespoons fresh basil.

Bake for 10 to 20 minutes, or until the crust is golden brown and the cheese is bubbly.

Pizza Crust

In a large bowl, whisk together the water, yeast, and sugar, stirring until the yeast and sugar are dissolved. Let stand for 5 minutes. Stir in 2 1/2 cups all-purpose flour, the whole-wheat flour, 1 tablespoon oil, and salt until well combined.

Lightly dust 2 tablespoons all-purpose flour on a flat work surface. Turn out the dough. Knead for about 10 minutes, gradually adding some of the flour to make the dough smooth and elastic. (The dough shouldn't be dry or stick to the surface.)

Lightly spray a large bowl with cooking spray. Put the dough in the bowl. Sprinkle the rosemary and garlic over the dough. Lightly knead to incorporate the rosemary and garlic, shaping the dough into a ball. Lightly spray with cooking spray. Cover with a slightly damp dish towel. Let the dough rise in a warm, draft-free place (about 85°F) for 45 minutes to 1 hour, or until almost doubled in bulk, or when, if pressed with two fingers, an indentation remains in the dough.

Punch down the dough. Let stand, covered, for 5 minutes. Divide in half.

Lightly spray a large baking sheet. Lightly dust a flat work surface with the remaining flour. Roll one half of the dough into a 12-inch circle. Place on the baking sheet. Wrap the other half of the dough tightly with plastic wrap and place in an airtight container. Freeze for a future use.

Preheat the oven to 450˚F.

Calories	Protein	Fiber	Cost Per Serving
170 Per Serving	8g Per Serving	2g Per Serving	$2.09

Nutrition Facts

Calories	170
Total Fat	4.5 g
Saturated Fat	2.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	1.5 g
Cholesterol	9 mg
Sodium	123 mg
Total Carbohydrate	25 g
Dietary Fiber	2 g
Sugars	3 g
Protein	8 g