

Whole Wheat Pizza Dough

Adapted by Chef Jen

Ingredients:

1 cup warm water

1 tsp honey

1 packaged instant yeast

1 ½ cup whole wheat flour

1 ½ cup all-purpose flour

1 tsp dried oregano

1 tsp salt

(optional 1 tsp crushed red pepper)

Preparation:

1. Mix, water, honey and yeast. Let stand until foamy ~ 10-15 minutes

2. Whisk all dry ingredients into stand mixer bowl, then add liquid.

3. Using the dough hook, mix until soft dough forms, making sure that all the dry ingredients have been incorporated. Remove from bowl from mixer, cover with a towel and let rise in a warm place ~ 1 hour, or until doubled in size.

4. Pizza stone option: Pre heat oven to 425°F. When dough has risen, option to roll out onto floured surface. Lightly dust with a pizza peel with cornmeal, then add sauce and toppings.

Pan pizza: Pre-heat oven to 425°F. Roll out dough onto a 15x10 jelly roll pan (lightly flour or oil pan as needed.) Using a fork, pierce the dough all over and par bake crust in oven for 7-10 minutes. The dough should appear to have a matte finish on the top, but not fully cooked. Remove from oven, then add sauce and toppings.

5. Bake until crust is browned and cheese is fully melted and slightly browned, ~10-15 minutes.

***NOTE: For dessert pizza, omit oregano and crushed red pepper. Substitute ½ tsp cinnamon and ¼ tsp nutmeg. Prepare as listed above.*



Traditional Cheese Pizza

By Chef Jen

Ingredients:

- Whole wheat Pizza crust
- Tomato sauce
- Shredded cheese of choice

Tomato Sauce:

- (1) 28 oz can crushed tomatoes, low sodium or no added salt
- (1) 6 oz can tomato paste, low sodium or no added salt
- 1 tsp Italian herb mix (see below)
- ½ tsp onion powder
- 1 garlic clove, minced
- 1-2 Tbsp olive oil
- Salt to taste

Italian Herb Mix:

- 1 tsp dried basil
- 1 tsp dried oregano
- ½ tsp crushed fennel seed
- ½ tsp crushed rosemary

Blend herbs together and store in previously used herb bottle or small plastic container.

Preparation:

1. To prepare the pizza sauce: Heat 1 tbsp olive oil over medium heat. When warm, add garlic clove, stir constantly until fragrant. Add tomatoes, paste, herbs and onion powder. Stir well and turn heat to medium low. Allow sauce to cook for at least 20 minutes, stirring frequently.
2. Roll out dough to desired consistency and place on pan. Using a fork, prick holes in dough and pre-bake for ~5 minutes on 425°. Cool on wire rack
3. When crust has slightly cooled, spread tomato sauce. Add toppings of choice and bake in oven for ~8-10 minutes, or until cheese is fully melted.



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White Veggie Pizza

By Chef Jen

Ingredients:

- Whole wheat pizza crust
- Cheese mixture of choice
- Chopped vegetable mixture: Suggest red bell pepper, broccoli, carrots, mushroom and red onion
- Ranch dressing, preferably, yogurt based

Preparation:

1. Roll out dough to desired consistency and place on pan. Using a fork, prick holes in dough and pre-bake for ~5 minutes on 425°. Cool on wire rack.
2. While dough is being pre-baked and cooling, slice vegetables julienned style, then cut in half. Veggies should be somewhat chunky, but small enough to fit on a piece of pizza.
3. Once vegetables are prepared, spread cheese over pizza crust, then top with veggies. Bake in oven ~8-10 minutes or until cheese is melted and veggies are at desired consistency.
4. When pizza has cooled for ~5 minutes, slice into desired pieces. Drizzle entire pizza with ranch dressing. (~1/3 cup). May reserve for dipping, if desired.



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Blueberry Streusel Pizza

Adapted by Chef Jen

Ingredients:

- 1 (6 oz) package fresh blueberries
- Sweet pizza dough crust

Cream Cheese Mixture:

- 1 cup 1/3 reduced fat cream cheese, room temperature
- ¼ cup non-fat plain Greek yogurt
- 1 tsp vanilla
- ¼ cup sugar

Streusel topping:

- 2 Tbsp unsalted cold butter
- ¼ cup brown sugar
- ¼ tsp cinnamon
- ¼ cup white whole wheat flour (can substitute whole wheat or all-purpose flour)

Glaze (optional):

- 1/2 cup powdered sugar
- 1 Tbsp skim milk (adjust as needed to desired thickness)

Preparation:

1. Preheat oven to 425. Roll crust onto pizza pan. Prick with fork, pre-bake ~8 minutes, be careful to not let it brown.
2. Using a stand or hand-held mixer, prepare cream cheese mixture by whisking all ingredients together until fully blended. Spread over pizza crust and sprinkle with blueberries.
3. Prepare crumble by cutting butter into sugar, cinnamon, flour mixture until results in crumbles. Sprinkle over blueberries and cream cheese.
4. Bake for ~12-15 minutes, or until edges of cream cheese mixture are very light brown. Place pizza on cooling rack when done. Top with glaze if desired.

5. Prepare glaze by whisking powdered sugar and milk. Drizzle over pizza. Slice and serve warm.