



Green for Go Local

.....
 Ingredients in **green** =
 locally grown or produced



Onion



Garlic



Tomato Purée



Whole Wheat Flour



Flax Flour

Handmade Pizza

By Jenny & Rosie

Serves 4-6

Ingredients

For Sauce:

2 Tbsp (30 mL)
 1 large
 3 Cups (750 mL)

4 cloves
 1 Tbsp (15 mL)
 2 tsp (10 mL)
 2 tsp (10 mL)
 1 × (540 mL) can

Oil

Onion, finely chopped

Finely chopped vegetables (ex: **mushrooms, carrots, zucchini, peppers** or **apples**)

Garlic, minced

Dried oregano

Sugar

Salt

Crushed tomatoes, or 2 Cups (500 mL) **tomato purée**

For Dough:

1 ½ Cups (375 mL)
 1 Tbsp (15 mL)
 1 tsp (5 mL)
 1 Tbsp (15 mL)
 1 Cup (250 mL)
 2 Cups (500 mL)
 2 Tbsp (30 mL)
 3 Cups (750 mL)

Warm water

Active dry or instant yeast

Salt

Oil, plus more for greasing pans

Unbleached all-purpose flour

Whole wheat flour

Flax flour (optional)

Mozzarella cheese, shredded

Directions

Note: Wash all produce well. Freeze any leftover sauce in 1 Cup (250 mL) portions for next pizza night!

1. Heat oil over medium heat in a heavy-bottomed pot. Add onion, veggies and garlic and cook until softened and beginning to brown, about 20 minutes.
2. Add sugar, salt and oregano, and stir for another minute before adding crushed tomatoes.
3. Simmer for at least 10 minutes, then cool slightly and blend until smooth with an immersion blender (or carefully in a blender in small batches).
4. Meanwhile, sprinkle yeast over water in a large bowl. After 5 minutes, add 1 tsp (5 mL) of salt and the flours. Stir with a large spoon or with hands for 2 minutes until the flour is incorporated. The dough will be very sticky. Drizzle dough with 1 Tbsp (15 mL) of oil.
5. Cover the bowl and let the dough rise until doubled in volume, 45 minutes to 1 hour. Preheat the oven to 400°F (200°C).
6. Pour 2 or 3 Tbsp (30-45 mL) oil onto the centre of a cookie sheet with sides. Ease the dough onto the oil. With oiled fingers, gently spread the dough into a large oval. Let rest for 5 minutes, then evenly push the dough to fill the pan.
7. Top with 1 Cup (250 mL) of sauce, desired toppings and 3 Cups (750 mL) of shredded mozzarella. Bake 10 minutes, rotate the pan and bake for 5-10 minutes more, until the crust is browned and cheese is bubbling.



Create Your Plate!

Veg It Up

Add your choice of finely chopped vegetables to the pizza sauce, including any fresh or frozen leftovers you may have, for extra colour, fiber and flavour. Try serving veggie sticks or a Caesar salad with finely chopped kale or spinach for a green boost.

Ideas for Toppings & Sides

Put a variety of pizza toppings out for your family to "choose your own adventure". Allow each family member to top their own section of the pizza, or use the dough to create individual pizzas. Cooking time remains the same and it's fun!

Pizza topping ideas: your choice of cooked **ground beef**, cooked lean **sausage**, diced baked **ham**, diced **sweet peppers**, sliced **mushrooms**, diced **onions**, sliced olives, diced **tomatoes**, sliced **zucchini**, diced pineapple or **apple**.

- ★ **Sweet peppers**
- ★ **Celery**
- ★ **Carrots**
- ★ **Tomatoes**
- ★ **Radishes**
- ★ **Cucumber**
- ★ **Sweet potatoes**
- ★ **Turnip**
- ★ **Sauces: Honey, donair sauce**
- ★ **Mushrooms**
- ★ **Caesar salad: romaine, croutons, dressing, parmesan**
- ★ **Romaine lettuce** plain or tossed with ranch dressing and **parmesan cheese**
- ★ **Romaine/kale/spinach mix**
- ★ **Fruit**



Pepper



Celery



Carrot



Tomato



Radish



Cucumber



Sweet Potato



Turnip



Mushroom



Salad



Fruit

Tip: Holding

If you need to hold the pizza for a short time, turn the oven to 150°F (65°C). Remove the pizza to let the oven cool a bit first, cut into serving pieces, then put the pizza back in the oven for up to an hour.

For longer holds, let cool on the counter for up to an hour, cut into pieces and reheat in a 400°F (200°C) oven for a few minutes before serving.

Note from the Authors

"Making pizza from scratch is a super tasty way to save money, but it can feel a little intimidating if you've never done it before! Our top tip is, don't fight that dough. If the dough refuses to stretch, give it a few minutes to relax and try again. Baking your pizzas in advance and then cutting and reheating will help as well, especially if you are short on oven space."

- Jenny & Rosie