



Chicken and Veggie Pizza

Makes: 50 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
Dough:		
¼ cup	yeast	60 mL
4 cups	warm water	1 L
1 tsp	salt	5 mL
3 tbsp	olive oil	45 mL
6 – 7 cups	whole wheat flour	1.5 – 1.75 L
6 – 7 cups	all-purpose flour	1.5 – 1.75 L
Toppings:		
3 lbs	boneless, skinless chicken (approx. nine 6 oz (170 g) pieces)	1.5 kg
3	onions, sliced	3
4	peppers, sliced	4
8 cups	mushrooms, sliced	2 L
2 tbsp	vegetable oil	30 mL
4 cups	pizza sauce	1L
15 cups	mozzarella cheese, grated	3.75 L (1.8 kg)
Optional:	cauliflower, broccoli, asparagus, or zucchini, fresh or roasted eggplant, roasted spinach, steamed feta cheese, crumbled olives, pitted and sliced	

Note 1: Instructions are found on page 2.

Note 2: Nutrition Information is found on page 2.

Instructions

1. Combine yeast and water in bowl of stand mixer. Whisk together until combined. Add oil, salt, and half of the flours. Using dough hook, turn to low speed and mix for 1 minute. Gradually add remaining flour and continue to mix for approximately 5 minutes. When properly mixed, dough will cling to hook and clean sides of bowl. Add additional flour if dough is too sticky.
2. Transfer dough to a large oiled bowl. Cover and let stand in a warm place for 1 hour, or until dough has doubled in size.
3. Preheat oven to 350°F (180°C).
4. Toss onions, peppers, and mushrooms in oil. Transfer vegetables to parchment-lined baking sheet. Bake for 15 – 20 minutes until roasted and soft. Drain any liquid and transfer to a bowl. Refrigerate until ready to use.
5. Meanwhile, place chicken on a parchment-lined baking sheet. Bake for 25 – 30 minutes until internal temperature reaches 165°F (75°C). Slice when cool.
6. Increase oven temperature to 450°F (230°C).
7. Punch down dough and roll out into desired number of shells.
8. Top with sauce, followed by vegetables, chicken, and other toppings. Top with cheese.
9. Bake for 15 – 20 minutes, or until crust is firm, and cheese is melted and beginning to brown.

Note 3: This recipe can be made using store-bought whole wheat pizza dough and/or pre-rolled crusts (follow baking instructions on package). Whole wheat pitas or whole wheat English muffins also make suitable pizza crusts. Once topped with sauce and other ingredients, bake in 450°F (230°C) oven for 10 – 12 minutes or until bottoms are golden and cheese is melted.

Vegetarian Substitution suggestion: Bean and Veggie Pizza (see recipe)

Nutrition Information	
Serving 175 g	
Calories	300
Fat	11 g
Saturated 5 g	
+ Trans 0 g	
Sodium	240 mg
Carbohydrates	31 g
Fibre 4 g	
Sugars 2 g	
Protein	22 g
Calcium	200 mg
Iron	2 mg

Food Guide Servings
½ Vegetable & Fruit
1 ½ Grain Product
1 Milk & Alternative
½ Meat & Alternative