



Bean and Veggie Pizza

Makes: 6 child servings (1 11" pizza)

Ingredients

| Imperial Measurement | Ingredient | Metric Measurement |
|----------------------|--|--------------------|
| Dough: | | |
| 1 tbsp | yeast | 15 mL |
| 1 cup | warm water | 250 mL |
| ¼ tsp | salt | 1 mL |
| 2 tsp | vegetable oil | 10 mL |
| 2 cups | whole wheat flour | 500 mL |
| 2 cups | all-purpose flour | 500 mL |
| Toppings: | | |
| 1 cup | black or kidney beans, cooked OR canned beans, rinsed and drained | 250 mL |
| 1 | onion, sliced | 1 |
| 1 | red pepper, sliced | 1 |
| 1 cup | mushrooms, sliced | 250 mL |
| 1 tbsp | vegetable oil | 15 mL |
| 1 cup | pizza sauce | 250 mL |
| 2 cups | mozzarella cheese, grated | 500 mL |
| Optional: | olives, sliced | |
| | zucchini or eggplant, roasted | |
| | spinach, steamed | |
| | feta, crumbled | |

Note 1: This recipe makes two pizza crusts. Use only half of the prepared dough for the amount of toppings listed below. Wrap and freeze the unused dough for later use.

Note 2: Instructions are on page 2.

Note 3: Nutrition Information is on page 2.

Instructions

1. Combine yeast and water in bowl of stand mixer. Whisk together until combined. Add oil and salt and half of flour. 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 olive oil. Transfer vegetables to parchment-lined baking sheet. Bake for 10 – 15 minutes, until roasted and soft. Drain any liquid and transfer to a bowl. Refrigerate until ready to use.
5. Increase oven temperature to 450°F (230°C).
6. Punch down dough. Divide in two. Roll half into a shell. Wrap and freeze the unused dough for later use.
7. Top with sauce, followed by vegetables, beans, and other toppings. Cover with cheese.
8. Bake for 15 – 20 minutes, or until crust is firm, and cheese is melted and beginning to brown.

| Nutrition Information | |
|--|--------|
| Serving 210 g ($\frac{1}{8}$ recipe) | |
| Calories | 340 |
| Fat | 10 g |
| Saturated 3.5 g + Trans 0 g | |
| Sodium | 230 mg |
| Carbohydrates | 51 g |
| Fibre 8 g Sugars 4 g | |
| Protein | 15 g |
| Calcium | 150 mg |
| Iron | 3 mg |

| Food Guide Servings |
|----------------------------------|
| $\frac{1}{2}$ Vegetable & Fruit |
| 1 $\frac{1}{2}$ Grain Product |
| 1 Milk & Alternative |
| $\frac{1}{2}$ Meat & Alternative |