PIZZA DOUGH

SERVES 6

INGREDIENTS

2/3 cup water
1 1/2 tablespoons yeast
2 cups flour (use up to one cup whole wheat)
3/4 teaspoon salt
1 tablespoon olive oil

DIRECTIONS

1. Mix water, yeast, and 3/4 cup of flour. The water should be warm not hot.
2. Cover with a clean towel. Let this mixture rise and ferment for 1 hour to 24 hours.
3. Add salt, oil, and remaining flour. The dough should be medium soft.
4. Knead until it is smooth and satiny.
5. Cover and let rise until doubles in bulk. NOTE: A slow rise will improve the taste and texture of the dough.

NUTRITION INFORMATION:

Calories: 175
Fat: 2.7 grams
Saturated Fat: 0 grams
Trans Fat: 0 grams
Cholesterol: 0 milligrams
Carbohydrates: 32.2 grams
Dietary Fiber: 1.3 grams
Protein: 4.7 grams
Sodium: 293 milligrams
Vitamin A: 0%
Calcium: 1%
Vitamin C: 0%
Iron: 12%

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