

The Works Pizza

Adapted from Cooking Matters®



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PoeCenter
The Alice Aycock Poe Center for Health Education

Recipe

From the Poe Center

Title: **The Works Pizza** *Adapted from Cooking Matters®*

Serves: 8, 1 slice per serving

Total Time: 55 minutes

Equipment: Baking sheet, box grater, can opener, colander, cutting board, large skillet, measuring spoons, sharp knife

Ingredients:

- 1 large onion
- 1 medium green bell pepper
- 1 medium red bell pepper
- 8 ounces button mushrooms
- 2 medium tomatoes
- 1 (6-ounce) block mozzarella cheese
- 1 tablespoon canola oil
- Non-stick cooking spray
- 1 frozen or refrigerated whole wheat pizza dough, defrosted
- ¼ teaspoon dried basil
- ¼ teaspoon dried oregano
- 1 (8-ounce) can tomato sauce, no salt added

Optional:

- ¼ teaspoon dried parsley
- 15 turkey pepperoni slices

Cooking instructions:

1. Preheat oven to 450°F.
2. Rinse and peel onion. Rinse peppers, mushrooms, and tomatoes. Dice onion, peppers, and tomatoes into ½-inch pieces. Slice mushrooms ¼-inch thick.
3. Grate cheese.
4. In a large skillet over medium-high heat, heat oil. Add onions, mushrooms, and peppers. Cook for 3 minutes.
5. Transfer vegetables to a colander. Stir in tomatoes. Drain excess liquid for 3-5 minutes.
6. While veggies are draining, shape dough into a 12-inch pizza round. Use your fingers to stretch and spread the dough.
7. Coat a baking sheet with non-stick cooking spray. Place pizza dough in center of sheet.
8. Mix dried basil and dried oregano into tomato sauce. If using dried parsley, add now. Spread a layer of sauce across dough.
9. Sprinkle cheese evenly across dough. If using turkey pepperoni, add a layer of slices.
10. Bake pizza until cheese is melted and crust is browned on the sides and bottom, about 10 minutes. Remove from oven.
11. Add vegetable mixture. Return to oven and bake until pizza is cooked through, 5–10 minutes more. Remove from oven.
12. Let rest for 2 minutes. Using a sharp knife, cut into 8 pieces.

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