



Pizza Dough for Larger Amounts



Ingredients



- 2 Tbsp. of active dry yeast or two packets of dry yeast
- 3 cups warm water
- 2 tsp. sugar or honey
- 2 tsp. salt
- 2 Tbsp. olive oil
- 4 cups Whole Wheat flour
- 3 cups all-purpose flour



Yield: 8- 8-inch pizzas

Directions



1. In a medium bowl, dissolve yeast and sugar in warm water until bubbly, about 5 minutes. Water should be between 85-100 degrees F.
2. Add salt and oil to bowl.
3. Combine flours with a whisk, then add flour and continue mixing until it is smooth and springy. Knead dough 7-10 times.
4. Place dough into an oiled bowl, turn and coat the surface, cover and let rise for about 45 minutes to an hour.
5. When doubled in size turn onto a lightly floured surface and cut into 8 servings.
6. Roll out dough to about 1/4 inch thick and cover with sauce and toppings.
7. Bake pizza at 400 degrees F for about 15-20 minutes or until crust is crispy.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!

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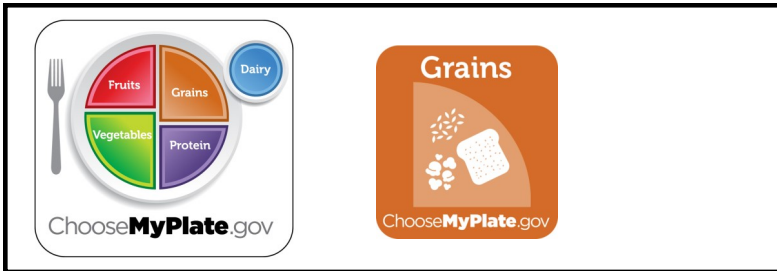
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Fast Facts



Featured Food Groups



Cooking Tips



- Make extra dough and roll it out as if you were making another pizza. Separate the pieces of dough with parchment paper. Wrap the bunch together in foil and place it in the freezer for up to three months. When you are ready to bake, take the crust out of the freezer, top with your favorite pizza toppings, and bake at 400 degrees F for 18-22 minutes.

Second Harvest is an equal opportunity provider.

Nutrition Facts



Nutrition Facts	
2 servings per container	
Serving size	1 8-inch pizza
Amount Per Serving	
Calories	300
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 5g	
Cholesterol 0mg	0%
Sodium 1170mg	51%
Total Carbohydrate 49g	18%
Dietary Fiber 5g	18%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein 9g	18%
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 2.7mg	15%
Potassium 188mg	4%

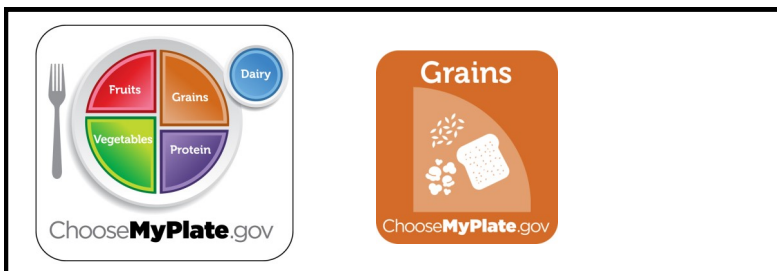
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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