



# Pizza Dough



## Ingredients



Allrecipes

- 2 1/4 tsp. dry, active yeast or one packet of dry yeast
- 1 1/2 cups warm water
- 1 tsp. sugar or honey
- 1 tsp. salt
- 1 tbsp. olive oil
- 2 cups Whole Wheat flour
- 1 1/2 cups all-purpose flour

Yield: 4- 8-inch pizzas  
Serving Size: 1/4 dough



## Directions



1. In a medium bowl, dissolve yeast and sugar in warm water until bubbly, about 5 minutes.
2. Add salt and oil to bowl.
3. Slowly 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 4 servings.
6. Roll out dough to about 1/4 inch thick and cover with sauce and toppings.
7. pizza at 450 degrees F for about 7-10 minutes or until crust is crispy.

### Estimated Price:

Total Cost: \$2.16

Serving Cost: \$0.54

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



# Pizza Dough



## Ingredients



Allrecipes

- 2 1/4 tsp. dry, active yeast or one packet of dry yeast
- 1 1/2 cups warm water
- 1 tsp. sugar or honey
- 1 tsp. salt
- 1 tbsp. olive oil
- 2 cups Whole Wheat flour
- 1 1/2 cups all-purpose flour

Yield: 4- 8-inch pizzas  
Serving Size: 1/4 dough



## Directions



1. In a medium bowl, dissolve yeast and sugar in warm water until bubbly, about 5 minutes.
2. Add salt and oil to bowl.
3. Slowly 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 an hour.
5. When doubled in size turn onto a lightly floured surface and cut into 4 servings.
6. Roll out dough to about 1/4 inch thick and cover with sauce and toppings.
7. Cook pizza at 450 degrees F for about 7-10 minutes or until crust is crispy.

### Estimated Price:

Total Cost: \$2.16

Serving Cost: \$0.54

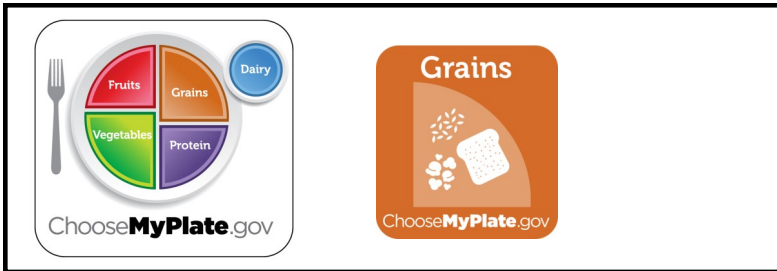
Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



# 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



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

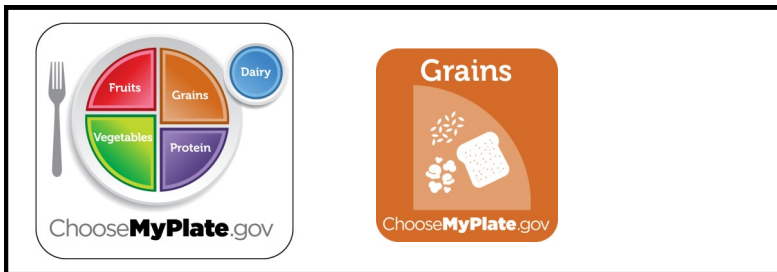
\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



# 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



<b>Nutrition Facts</b>	
2 servings per container	
<b>Serving size</b>	<b>1 8-inch pizza</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>300</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 5g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 1170mg	<b>51%</b>
<b>Total Carbohydrate</b> 49g	<b>18%</b>
Dietary Fiber 5g	18%
Total Sugars 2g	
Includes 2g Added Sugars	4%
<b>Protein</b> 9g	<b>18%</b>
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.