Deluxe Pizza

Crust (Makes 1 thick pizza crust or 2 thin crusts)

1 T Dry yeast
1 c Warm Water
1 ½ c All-purpose flour
1 c Whole-Wheat flour
2 T Vegetable oil
1 t Sugar
1 t Salt

Pizza Sauce (Enough for 2 pizzas)
1 can Tomato sauce, no salt added (15 oz.)
1 ½ t Cracked black pepper
1 ½ t Oregano
1 ½ t Garlic Powder
1 ¼ t Onion Powder
1 ½ T Lemon juice (optional)

Pizza Toppings

½ c Green bell peppers, diced
½ c Onion, chopped
½ c Mushrooms, sliced
½ c Black olives per pizza
1 c Pepperoni slices per pizza
1 c Mozzarella cheese, low-fat grated

Makes 12 servings

Nutrition Information (1 slice of thin crust): 140 calories; 7 g fat, 10 mg cholesterol, 310 mg sodium, 13 g carbohydrates, 2 g fiber, 6 g protein

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