

Lisa's Pizza

1½ c. Flour
8 oz. mozzarella, part skim cheese
¼ to ½ package turkey pepperoni
½ pound reduced fat sausage
Onion (optional)
1 tbsp. dried yeast
Garlic
Garlic salt
Italian seasonings
Mushrooms
1 tbsp. olive oil
¾ warm water
Small can tomato sauce

Preheat oven to 375

For crust, in a large mixing bowl add ¾ c. flour, 1 tbs. dry yeast or 1 packet, 1 tbs. olive oil, 2 tbsp. Italian seasonings, and 1 tbs. garlic salt. Add warm water and mix by hand until it is mixed well. Add the rest of the flour (¾ c.) and mix for 2-3 minutes.

Turn out onto lightly floured surface. Knead for a few more minutes and let the dough rise for 10 minutes.

Brown the sausage and grate the cheese while the dough is rising. After the sausage is brown, drain the extra grease off.

Use a non-stick spray on you pizza pan. Make your crust in a round pizza pan or a cookie sheet, add ¼ c. tomato sauce and 2 tbs. Italian seasoning to the sauce. Add your cheese, sausage, diced garlic, turkey pepperoni, mushrooms and thick sliced onions.

Cooking time: 20 minutes. Let cool and cut into 8 slices.

Serving size 1 slice

Starch	Fruit	Milk	Veg	Meat	Fat
2	0	0	1/2	1 1/2	2