

WHOLE WHEAT PIZZA WITH BROCCOLI

This pizza dough can be made in a large mixer or by hand. If making by hand, make sure to knead thoroughly. Homemade pizza is usually healthier and more delicious than store bought.

SERVES 50 ADULTS

INGREDIENTS

7 ½ cups lukewarm water
7 ½ tablespoons yeast
3 tablespoons sugar
½ cup oil
18 ¾ cups whole wheat flour
4 tablespoons salt
Extra flour for kneading and rolling out dough

1 #10 can low-sodium spaghetti sauce or
crushed tomatoes
3 ½ to 4 lb. low-sodium mozzarella, shredded
2 cups grated parmesan
7 ½ lb. fresh broccoli, trimmed to florets and
blanched for 5 minutes

DIRECTIONS

1. In a large mixing bowl combine water, yeast, and sugar.
2. Let stand for 10 minutes until foamy and yeast is activated. Add olive oil to water mixture. Combine flours and salt in a separate bowl and combine well.
3. Pour flour mixture into the liquid. Mix on slow speed for 1 minute and medium speed for 1 minute until the dough pulls away from the sides and forms a ball. Turn out onto a floured surface and knead for 3 to 5 minutes.
4. Put into a well-oiled (or use oil spray) bowl and cover with plastic wrap. Put in warm spot (or not cold) and let sit for an hour or two.
5. Preheat oven to 450° F.
6. Punch down and roll out into rectangular pies to fit into each pan.
7. Layer on sauce and cheese, broccoli, and any other additions and cook for 7 minutes.