

Veggie Pizza

Crust:

- 1 package (1 / 4 ounce) dry active yeast
- 1 tsp salt
- 1 TBS sugar
- 2 / 3 cup warm water
- 1 / 4 cup olive oil
- 2 cups flour

Combine yeast, salt, sugar and water in a bowl. Let this sit until the yeast reacts and bubbles.

Add the oil and flour. Knead until the dough is smooth. Transfer to a lightly oiled bowl and cover. Let stand for an hour.

For the pizza on the video:

Preheat oven to 500 degrees.

- 1 / 2 of the dough mixture to make a 12-inch pizza
- 1 cup Italian tomato sauce (recipe for sauce at www.cookhealthyfast.com)
- 1 TBS vegetable oil
- 1 clove garlic, minced
- 1 / 2 round onion, sliced
- 2 cups sliced mushrooms
- 1 small bunch, broccolini
- 1 / 2 red bell pepper, sliced
- 6 - 8 black olives sliced
- 6 - 8 green olives, sliced
- 4 TBS fresh chopped fresh herbs (basil, oregano and Italian parsley)
- salt and pepper

Stretch and roll the dough into a 12- inch circle. Place on a pizza baking pan. Cover with tomato sauce.

In a large frying pan, sauté the onions, garlic and mushrooms lightly. Set aside. Saute the broccolini and bell pepper. Set aside.

Add the toppings, the garlic, mushrooms, onions, broccolini and bell pepper. Add the olives. Sprinkle on the herbs. Salt and pepper to taste.

Bake for 12- 15 minutes.