

# Recipes for “What's Cookin’ Rutland” August 2016

## Pizza with Veggies

Chop your favorite veggies for pizza topping

One to one and a half cups of your favorite grated cheese or cheese blend.

Olive oil

Preheat your oven as instructed for the type of pizza dough you have selected. Place prepared dough on pan, pizza stone or wire pizza screen. Brush lightly with olive oil. Sprinkle about half of your herb mix and garlic (if using) over dough. Place veggies on top, being sure to keep stems on the inside of the crust perimeter. Finish by sprinkling grated cheese evenly over top. Bake according to directions for your dough or pizza shell.

## Pizza Crust Recipe

### INGREDIENTS

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#### TO MAKE 1 POUND DOUGH:

- 1 cup whole-wheat flour
- 1 cup all-purpose flour
- 1 package quick-rising yeast, (2 1/4 teaspoons), such as
- 1 teaspoon salt
- 1/2 teaspoon sugar
- 3/4 cup hot water, (120-130°F)
- 1 tablespoon extra-virgin olive oil

### PREPARATION

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1. Combine whole-wheat flour, all-purpose flour, yeast, salt and sugar in a food processor; pulse to mix. Combine hot water and oil in a measuring cup. With the motor running, gradually pour in enough of the hot liquid until the mixture forms a sticky ball. The dough should be quite soft. If it seems dry, add 1 to 2 tablespoons warm water; if too sticky, add 1 to 2 tablespoons flour. Process until the dough forms a ball, then process for 1 minute to knead.
2. Transfer the dough to a lightly floured surface. Coat a sheet of plastic wrap with cooking spray and place it, sprayed-side down, over the dough. Let the dough rest for 10 to 20 minutes before rolling.
3. Place a pizza stone or inverted baking sheet on the lowest oven rack; preheat oven to 500°F or highest setting. Roll and top the pizza as desired (we suggest a 13-

inch circle) and bake the pizza until the bottom is crisp and golden, 10 to 14 minutes. Serve immediately.

## **Broccoli & Cheese Muffins**

1 ½ cups plain yogurt

¼ cup oil

1 egg

Small head steamed chopped broccoli

2 cups flour (mixed with 1 tbsp baking powder)

Salt (optional)

½ cup cheddar

Mix flour and baking powder together in small bowl.

Mix yogurt, oil, egg, broccoli, salt (if using) and cheddar together in a bowl.

Combine wet and dry ingredients, and mix well. Spoon mixture onto greased muffin tin, and bake at 400 degrees.