



SPORTS NUTRITION RECIPES

PERFECT PIZZA DOUGH

BY BREEZE BROWN, RD

WHAT YOU'LL NEED:

MAKES 2 – 12" PIZZAS OR 6 – SMALL CALZONES

INGREDIENTS:

1 ½ C WARM WATER
1 TBSP. (OR ONE PACKAGE) INSTANT DRY YEAST
1 TBSP. SUGAR
1 TBSP. OLIVE OIL
1 TSP SALT
3-½ C ALL-PURPOSE FLOUR OR CAPUTO OO FLOUR
NONSTICK COOKING SPRAY

PUTTING IT TOGETHER:

1. In a large mixing bowl add warm water yeast and sugar. Mix and let stand for 5 min (or until the yeast is foamy)
2. Add olive oil, salt and 1 ½ C flour and mix.
3. Gradually mix in 2 more cups of flour until dough starts to pull away from the side of the bowl. This can be done using mixer or by hand. If dough is still sticky add 1 Tbsp. flour at a time (up to ¼ C) until dough does not stick to your fingers.
4. Once dough has reached the right consistency, knead by hand or with your dough hook for about 5 min.
5. Shape dough into a ball and place in a large bowl (that has been greased with olive oil or cooking spray). Cover bowl tightly with plastic wrap and allow to rise for 1-2 hours.
6. Dough should be about 2x its original size
7. Remove dough from bowl and knead a few times. Separate into 2 balls (for pizza) or 6 small balls for calzones.
8. Roll out dough (use extra flour to prevent sticking) and add favorite toppings.
9. Place pizza or calzones on a pizza pan or cookie sheet lightly dusted with cornmeal (to prevent sticking)
10. Brush crust of pizza or top of calzones with olive oil before placing in oven.
11. Bake calzones or pizza with desired toppings for 12 min at 475 degrees.

ENJOY!