

NATURAL HEALTH

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WEEKEND SKIN DETOX

LOOK RADIANT ON
MONDAY WITH OUR
ALL-NATURAL PLAN

10 FOODS TO
TAME STRESS
{recipes included}

5 TOTALLY
ENERGIZING
YOGA
POSES

Discover the secret
to *NH* reader
Amanda Montoya's
fresh, glowing
complexion.

plus:

**BOOST YOUR
BRAINPOWER**

**PIZZA:
THE NEW
HEALTH FOOD**

**THE BEST
DIABETES
DEFENSE**

**3 Life-Changing
Health Makeovers**

SEPTEMBER 2008

DISPLAY UNTIL SEPTEMBER 15

USA \$4.50 CANADA \$6.50





Indian Pizza
(recipe, page 40)

THE GOOEY, overloaded pizza typical of take-out chains is nothing like its Italian ancestor, and more cooks—in restaurants and at home—are reclaiming the fresher, healthier original. »

By JANICE HUANG
Photography by HECTOR SANCHEZ

A healthier slice

Skip the greasy takeout and make your own pizza with fresh veggies, lean meats, and foolproof whole-grain dough.



Southern-Style Pizza

Pie chart

Historians trace “dough with something on it” back to ancient Greece. But pizza as we know it most closely resembles that of Naples, where the classic margherita was invented in 1889. Decorated with tomatoes, mozzarella, and basil, the first pie mimicked the colors of the Italian flag.

By the turn of the twentieth century, pizza had reached America, where intensely hot coal ovens and high-protein American flour led to the development of bigger pies that could hold multiple—and increasingly heavier—toppings, and eventually gave birth to the carry-out, delivery, and by-the-slice business we know today. Unfortunately, this often turned pizza into cheaply processed, calorie-laden junk food.

The new pie

“Pizza is the perfect flavor delivery system,” says Peter Reinhart, author of *American Pie: My Search for the Perfect Pizza* (Ten Speed Press, 2003) and the much lauded *Peter Rein-*

PIZZA PREP

► **FLOUR:** Use a high-protein, whole wheat flour for the dough. Gluten proteins give the crust a chewy texture, and the whole grains provide a nutty flavor and fiber.

► **OVEN:** Crank it up to 500°F. Place a pizza stone (\$35; williams-sonoma.com) or unglazed tiles in your oven for a snappy crust, and use a “pizza peel” (a large wooden spatula; \$30; williams-sonoma.com) to get the pie in and out of the oven.

► **CRUST:** Practice making it. Stretching a thin crust isn’t easy. “You have to be patient and gentle and firm at the same time,” says Reinhart. As you gently stretch the dough in a circular motion with the edge draped over your knuckles, it may become too elastic and shrink back instead of extending wider. Put it down for a minute or two. If your round rips while stretching, tuck it back into a ball, let it rest, and try again.

Southern-Style Pizza

Serves 8 (four small pies)

This slightly spicy pizza incorporates Southern ingredients like collards, okra, shrimp, and corn.

Cornmeal Pizza Dough
(recipe on page 44)

- ½ pound shrimp
- Salt and freshly ground black pepper to taste
- 1 teaspoon crushed red chile pepper
- 2½ tablespoons olive oil, plus more for brushing
- 4 cups collard greens, destemmed and torn into small pieces
- ½ cups chopped okra
- 4 cloves garlic, chopped

1. Make Cornmeal Pizza Dough through Step 3.

2. Peel and devein shrimp. Toss with salt, pepper, and crushed red chile pepper. Refrigerate.

3. Heat 2 tablespoons of the olive oil in a large sauté pan over high heat. Sauté the collards until cooked through, about 4 minutes. Season with salt. Reserve in a dish.

4. Add ½ tablespoon olive oil and sauté okra for 3 minutes. Reserve.

5. Prepare Cornmeal Pizza Dough Steps 4 through 6.

6. Arrange first of four pizza crusts on pizza peel, brush with olive oil to coat. Scatter a quarter of the garlic, collards, okra, and shrimp on top.

7. Give pizza peel a shake and slide pizza into the oven, onto stone or unglazed tile. Bake until crust is golden and resists pressure, 10 to 12 minutes.

8. Allow pizza to cool for a few minutes before slicing. Prepare the next pie and repeat until all four pizzas are done.

Per serving: 380 calories, 13 g fat (2 g saturated), 6 g carbohydrate, 14 g protein, 5.5 g fiber, 480 mg sodium (21% Daily Value).



Pear & Brie Pizza

hart's *Whole Grain Breads: New Techniques, Extraordinary Flavor* (Ten Speed Press, 2007). "Since it's basically dough with something on it, it can be anything you want it to be."

Instead of bacon, sprinkle on some tempeh; instead of canned veggies, use fresh ones; swap white flour for whole wheat—and you've already invented a healthier version. As Reinhart says, "Pizza can be healthy, if you take a cue from the Italians about using a proper balance of ingredients."

Topping tricks

"Too much sauce makes dough soggy and throws off the balance," Reinhart says. "The purpose of sauce is to set off the other flavors." Besides, Reinhart notes, if your dough is good, you don't need a lot of extras. Most commercial pizza producers hide mediocre crusts under piles of toppings.

For our pies, we chose shrimp and tofu for protein, fresh greens like okra and collards, and Greek yogurt and brie instead of mozzarella. In our Pear & Brie Pizza (see recipe opposite), we did away with sauce altogether and replaced it with a light drizzling of organic honey. »

Pear & Brie Pizza

Serves 4 (one medium pie)

The nut flour in this dessert pizza serves a dual purpose: The nut oils naturally tenderize the dough, says Peter Reinhart, and in the oven, the flour toasts as the dough bakes, giving the crust a fragrant nuttiness. Here, either almond or hazelnut flour complements the creamy pear and sharp Brie topping. Almonds are rich in vitamin E and magnesium, while hazelnuts provide fiber and iron.

Nut flour pizza dough
(recipe on page 44)

- 1 ripe Bosc pear, cored and sliced thinly
- 2 ounces Brie
- Honey for drizzling

1. Make Nut Flour Pizza Dough.
2. Arrange pear slices on dough; dot pizza with bits of the Brie.
3. Give the pizza peel a shake to make sure the dough isn't sticking. Slide the pizza into oven, onto hot stone or unglazed tile. Bake until Brie is melted and bubbly and crust is golden, about 10 minutes.
4. Let pizza cool until cheese has set. Drizzle honey (about 1 tablespoon) onto pizza.

Per serving: 300 calories, 8 g fat (3 g saturated), 53 g carbohydrates, 10 g protein, 4.5 g fiber, 240 mg sodium (11% Daily Value).

Indian Pizza

Serves 8 (four small pies)

Raisins, almonds, and a yogurt sauce combine for a riff on the classic Indian rice dish, biryani.

Chickpea Flour Pizza

Dough (recipe on page 44)

- 2 5.3-ounce tubs nonfat Greek yogurt
- 4 cloves garlic, minced
- Juice of 1 medium lemon
- 2 tablespoons minced ginger
- 1 teaspoon cumin
- $\frac{1}{2}$ teaspoon turmeric
- $\frac{1}{2}$ teaspoon ground coriander
- $\frac{1}{4}$ teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ cup chopped cilantro
- 1 tablespoon olive oil
- 1 medium onion, sliced thin
- $1\frac{1}{2}$ cups chopped tomatoes
- $\frac{1}{2}$ cup peas (fresh or frozen)
- 6 ounces firm tofu, sliced into $\frac{1}{2}$ -inch cubes
- $\frac{1}{2}$ cup raisins
- $\frac{1}{2}$ cup sliced almonds
- Cilantro leaves for garnish

1. Make Chickpea Pizza Dough through Step 3.
 2. Combine yogurt, garlic, lemon juice, spices, and chopped cilantro in a bowl.
 3. In a large pan, heat olive oil and sauté onions with a pinch of salt, 5 to 7 minutes. Reserve.
 4. Prepare Chickpea Dough Steps 4 through 6.
 5. Arrange first crust on pizza peel, spread a quarter of sauce on crust. Top with a quarter of onions, tomatoes, peas, tofu, raisins, and almonds.
 6. Give pizza peel a shake and slide pizza into the oven, onto hot stone or unglazed tile. Bake until crust is golden and resists pressure, 10 to 12 minutes.
 7. Allow pizza to cool for a few minutes; garnish with cilantro. Prepare the next pie and repeat until all pizzas are done.
- Per serving:** 401 calories, 12 g fat (1.5 g saturated), 63 g carbohydrates, 18 g protein, 8 g fiber, 482 mg sodium (21% Daily Value).

Foolproof Whole Wheat Pizza Dough

Makes four 9-inch crusts
(8 servings)

You can easily experiment with this basic pizza dough recipe to give it a regional or cultural flair, as we do in the three variations below:

- 1 tablespoon active dry yeast
- $\frac{1}{4}$ cup warm water
- 4 cups white whole wheat flour, preferably organic King Arthur
- 1 teaspoon salt
- 2 tablespoons olive oil, plus more for coating bowl
- 1 tablespoon honey
- $1\frac{1}{4}$ cups plus 3 tablespoons cool water
- Cornmeal for dusting

PIZZA DOUGH VARIATIONS

Cornmeal: Use 1 cup cornmeal and 3 cups white whole wheat flour; in Step 6, stretch dough to 9-inch diameter.

Chickpea: Use 1 cup chickpea flour and 3 cups white whole wheat flour.

Nut Flour: Use $\frac{1}{2}$ teaspoon active dry yeast, $\frac{1}{4}$ cup warm water, $1\frac{1}{4}$ cups white whole wheat flour, $\frac{1}{4}$ cup almond or hazelnut flour, $\frac{1}{4}$ teaspoon salt, 2 tablespoons honey, and $\frac{1}{4}$ cup cool water; in Steps 5 and 6, create only one pizza crust, stretching dough to 11-inch diameter.

1. In a small bowl, dissolve yeast in warm water (about 110°F); let rest for about 5 minutes. Meanwhile, combine 2 cups of flour with salt in a large bowl. When yeast is foamy, stir olive oil, honey, and cool water into it.
2. Add wet ingredients to the dry ingredients. Stir with a wooden spoon to combine. Gradually add the remaining 2 cups flour. When dough is too stiff to stir, switch to kneading with your hand, dampened with room-temperature water.

Knead in bowl to incorporate flour and work the dough until it forms a smooth, wet, slightly sticky ball. (Adjust as needed by adding water or flour, tablespoon by tablespoon.)

3. Rub olive oil around the inside of another large bowl. Place the dough ball in the oil-coated bowl; roll around to grease the dough. Cover bowl with wax paper secured with a rubber band. Let dough rest at room temperature for 2 to 3 hours (or refrigerate overnight and remove to room temperature 2 hours before Step 4).

4. One hour before baking, preheat oven to 500°F, with a pizza stone or unglazed tile placed on the rack inside.

5. Turn risen dough out onto lightly floured surface. Using a sharp knife or a bench scraper, cut dough into 4 equal pieces. Knead dough pieces one at a time until smooth; shape into balls. Let dough balls rest 5 to 10 minutes. Meanwhile, evenly sprinkle cornmeal on a pizza peel to prevent sticking.

6. For each pizza, place one dough ball in the middle of your lightly floured work area. Flatten dough into a disc. Carefully lift the dough and use your knuckles to stretch the edge of the round. Keep moving the dough in a circular motion, stretching it evenly. If at any point the dough begins to tear or becomes too elastic, set it down and let it rest. Once your crust has a diameter of 10 inches, gently lay on prepared pizza peel.

Per serving: 266 calories, 6 g fat (1 g saturated), 49 g carbohydrates, 9 g protein, 4.5 g fiber, 294 mg sodium (13% Daily Value).

QUICK TIP:

The key to a crisp, chewy crust is thin-stretched dough and a super-hot (500°F) oven.

PICK YOUR FLOUR



MORE ALTERNATIVE FLOURS catering to gluten-free diets and expanding palates are appearing on market shelves. Although it's tough to make pizza dough without wheat (the gluten proteins give the crust its characteristic chewy texture), you can substitute an alternative flour for part of the wheat flour (one part alternative flour to three parts whole wheat) to give your crust an enticing new flavor—and often extra nutrients.


ALMOND FLOUR: Made from finely ground blanched almonds, almond flour is high in vitamin E and magnesium and delicate in flavor and texture—and it's ideal for dessert pizzas.

COCONUT FLOUR: High in protein and fiber, coconut flour may be harder to find but its distinctive rich flavor makes it worth the hunt.

CHICKPEA FLOUR: Chickpeas (also called garbanzo beans) are rich in protein and iron, and are fragrantly earthy when ground up and baked into a chewy whole-grain pizza dough.

HAZELNUT FLOUR: Replacing a quarter of your whole wheat flour with hazelnut flour gives your dough a sweet nuttiness as well as fiber and iron.

CORN FLOUR: Mixing one part corn flour, made by grinding dried kernels, with three parts whole wheat flour adds a signature sweetness. Stone-ground corn flour, with its high fiber content, is best.

RICE FLOUR: Both brown and white rice flours are available and either may be used in pizza dough, but brown rice flour is made from the whole kernel, bran included, so it's higher in fiber, protein, vitamins, and minerals. 



LEARN MORE: For an authentic margherita pizza recipe, go to naturalhealthmag.com/margherita.