Dieter/s Pizza

Serving: 1   Veg

Ingredients

- **FOR THE PIZZA BASE:**
- 1/2 cup whole wheat flour
- 1 tsp fresh yeast,crumbled
- a pinch of sugar
- 1 tsp salt
- **FOR THE TOMATO SAUCE:**
- 2 large sized tomato sauce
- 1 small onion ,chopped
- 1 tsp garlic ,chopped
- $1/2$ tsp dried oregano
- 1 tsp oil salt to taste
- **FOR THE CHEESY TOPPING:**
- $1/2$ cup low fat paneer
- 2 tbsp low fat milk
- $1/2$ tsp french style mustard
- **OTHER INGREDIENTS:**
- $1/2$ cup zucchini,sliced(optional)
- $1/2$ cup onions sliced
- 1 tomato,sliced
- 10 to 12 basil leaves
- 1 tsp for greasing.

Preparation Method

- 1. Combine alll the ingredients in a bowl. Knead in to a soft dough using enough water until it is smooth and elastic.
- 2. Cover the dough with a wet muslin cloth allow it to prove till it doubles in volume (approx 15 to 20 minutes).
- 3. Prees the dough lightly to remove the air.
- 4. Dived the dough in to 2 equal parts.
- 5. Roll out each portion in to a circle of 250 mm. (10
- **FOR TOMATO SAUCE:**
- 1. Balnch the tomatoes in boiling water.
- 3. Heat the oil, add the onion and garlic and saute for few minutes.
- 4. Add salt and simmer for some more time.
- 5. Finally,add the oregano and mix wel. Keep aside.
- **FOR THE CHEESY TOPPING:**
- 1. Blend the paneer,milk and mustard to a smooth puree in a liquidiser and keep aside.
- **How TO PROCEED:**
- 1. Spread half the tomato sauce over the pizza base and top with cheesy topping mixture.
- 2. Arrange half the Zucchini,Onion and tomato slice in the pizza and top with some besil leaves.
- 3. Back in pre-heated oven at 200 for 10 to 15 minutes or till the base is evenly browned. top with some more basil leaves.
- 4. Make another pizza using the other pizza base and the remaining ingredients.
- 5. Divide each pizza in to 4 pieces and serve hot.