

Healthy Tomato, Pesto, and Chicken Pizza:

Ingredients:

For the Pizza Dough:

- 1 cup whole wheat flour
- 1 cup all-purpose flour
- 1 packet (2 1/4 teaspoons) active dry yeast
- 1/2 teaspoon salt
- 1 teaspoon honey
- 2/3 cup warm water
- 1 tablespoon olive oil

For the Toppings:

- 1/2 cup pesto sauce (homemade or store-bought)
- 2 cups cooked chicken breast, shredded or diced
- 2-3 ripe tomatoes, thinly sliced
- 1 cup mozzarella cheese, part-skim, shredded
- Fresh basil leaves for garnish (optional)
- Salt and pepper to taste

Instructions:

Pizza Dough:

1. In a small bowl, combine warm water, honey, and yeast. Let it sit for about 5-10 minutes until it becomes frothy.
2. In a large mixing bowl, combine whole wheat flour, all-purpose flour, and salt. Gradually add the yeast mixture and olive oil. Mix until the dough comes together.
3. Knead the dough on a floured surface for about 5-7 minutes until it becomes smooth and elastic. Place the dough in a greased bowl, cover it with a damp cloth, and let it rise for about 1 hour or until it has doubled in size.
4. Preheat your oven to 475°F (245°C).

Assembling the Pizza:

5. Roll out the pizza dough on a floured surface into your desired pizza shape. Place it on a pizza stone or a baking sheet lined with parchment paper.

6. Spread pesto sauce evenly over the pizza dough.
7. Evenly distribute the cooked chicken pieces.
8. Place the thinly sliced tomatoes on top.
9. Sprinkle mozzarella cheese over the pizza.
10. Season with salt and pepper to taste.

Baking:

11. Place the pizza in the preheated oven and bake for 12-15 minutes or until the crust is golden and the cheese is melted and bubbly.
12. Remove from the oven and let it cool slightly before slicing and serving.

Garnish with fresh basil leaves if desired. Enjoy your healthy Tomato, Pesto, and Chicken Pizza with whole wheat crust and fresh ingredients!