



GOOD MORNING AMERICA FOOD & RECIPES

10 Things You Should Eat: Whole Wheat Triple-Tomato Pizzas

From Anahad O'Connor and Dave Liberman's Book 'The 10 Things You Need to Eat'

From the Kitchen of Anahad O'Connor and Dave Liberman

Servings: 4-6

Difficulty: Moderate

Cook Time: 30-60 min

In a cookbook put together by two guys who live in New York City, the city of the Slice, you're bound to get a recipe for pizza. And we aim to deliver!

The whole wheat dough works well because it absorbs the moisture of the sauce and the fresh tomatoes. The crust crisps up quite easily even at home-oven temperatures, which are much lower than those of the coal- and wood-fired ovens used by authentic pizzerias.

-- "The 10 Things You Need to Eat" by Anahad O'Connor and Dave Liberman

Ingredients

For the Dough:

2 1/2 cups whole wheat flour
1 1/2 teaspoons salt
1 tablespoon active dry yeast
2 teaspoons sugar
1 cup very warm water (about 110°F)
2 tablespoons olive oil

For the Toppings:

About 1 cup Marinara Sauce
About 16 sun-dried tomatoes packed in olive oil, roughly chopped with the oil
2 cups grated mozzarella cheese
4 large plum tomatoes, cored and thinly sliced



GOOD MORNING AMERICA FOOD & RECIPES

10 Things You Should Eat: Whole Wheat Triple-Tomato Pizzas - continued(page 2)

1 teaspoon hot red pepper flakes
1 teaspoon dried basil leaves
Olive oil for drizzling
Freshly grated Parmesan cheese for garnish

Directions

Whisk the flour and salt together in a large mixing bowl.

In a separate bowl, combine the yeast, sugar, and warm water and let stand until all the yeast has dissolved and the mixture starts foaming. Add the olive oil and pour the yeast mixture into the flour. Use a fork to combine the two until a loose dough forms.

Transfer the dough to a clean work surface or the bowl of a stand mixer fitted with the dough hook attachment and knead the dough for about 10 minutes. Place the kneaded ball of dough into a large, well-oiled mixing bowl, cover loosely with plastic wrap, and set aside in a warm, draft-free place until the dough has doubled in size, about 1 hour.

Preheat the oven to 400°F.

Place a large baking sheet in the oven (or use two to cook two pizzas at a time) and heat the baking sheet for at least 10 more minutes.

Turn the dough out onto a floured work surface and divide the dough evenly into 4 parts. Roll each part into an even disk, about 8 inches in diameter.

To make a pizza, spread about 1/4 cup of the marinara sauce onto a disk of dough, leaving about a 1/2-inch edge. Scatter a quarter of the sun-dried tomatoes over the sauce, then 1/2 cup of the mozzarella cheese, followed by some sliced tomatoes, 1/4 teaspoon each of the hot red pepper flakes and dried basil, and finally a good drizzle of olive oil.

Use an oven mitt or kitchen towel to remove the hot baking sheet



GOOD MORNING AMERICA FOOD & RECIPES

10 Things You Should Eat: Whole Wheat Triple-Tomato Pizzas - continued(page 3)

from the oven, place the assembled pizza on it, and return it to the oven to cook for 15 minutes, until the crust is crispy and the cheese is bubbly and golden brown. Garnish the pizza with some freshly grated Parmesan and cut into slices to serve. Repeat for the remaining 3 pizzas.

Yield: four 8-inch pizzas

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