



Chicken Sausage & Herb Wheat Pizza

Ingredients:

1 cup (250 mL) all-purpose flour, plus additional for dusting	6 oz (175 g) cooked Italian chicken sausage links (2 links)
½ cup (125 mL) whole wheat flour	2 plum tomatoes, seeded
1½ tbsp (22 mL) fresh rosemary leaves, finely chopped, divided	2 garlic cloves, pressed
1 tsp (5 mL) active dry yeast	1 tbsp (15 mL) yellow cornmeal
¼ tsp (1 mL) salt	1 ³ / ₄ oz (50 g) Provolone cheese
½ cup (125 mL) warm water (110-120°F/43-49°C)	¼ tsp (1 mL) coarsely ground black pepper
2 tsp (10 mL) olive oil, divided	¼ cup (50 mL) loosely packed fresh basil leaves, thinly sliced
1 tsp (5 mL) honey	

Directions:

1. Preheat oven to 450°F (230°C). Combine flours, 1 tbsp (15 mL) of the rosemary, yeast and salt in **Stainless (4-qt./4-L) Mixing Bowl**. Using **Stainless Mini Whisk**, whisk together water, 1 tsp (5 mL) of the oil and honey in **(2-cup/500-mL) Easy Read Measuring Cup**. Add water mixture to flour mixture; mix just until dough begins to come together using **Small Mix 'N Scraper®**. Turn dough out onto lightly-floured **Pastry Mat**. Knead dough 4-5 minutes or until smooth and elastic, but not sticky. Shape dough into a ball and return to mixing bowl; cover with plastic wrap. Let dough rise in warm place about 20 minutes.
2. Meanwhile, dice sausage and tomatoes, set aside. Combine remaining ½ tbsp (7 mL) rosemary, remaining 1 tsp (5 mL) oil and pressed garlic in **(1-cup/250-mL) Prep Bowl**. Sprinkle cornmeal over **Large Round Stone with Handles**. Place dough onto center of baking stone. Using **Baker's Roller®**, roll dough to within ½ in. (1 cm) of edge. Brush oil mixture over dough with **Chef's Silicone Basting Brush**. Bake 8-10 minutes or until crust is light golden brown.
3. Remove baking stone from oven to **Stackable Cooling Rack**. Top crust with sausage and tomatoes. Using **Rotary Grater**, grate cheese over pizza. Bake 4-6 minutes or until crust is deep golden brown and cheese is melted. Remove from oven; sprinkle with black pepper and basil.

Yield: 4 servings

Nutrients per serving: (¼ pizza): Calories 320, Total Fat 10 g, Saturated Fat 3.5 g, Cholesterol 40 mg, Sodium 480 mg, Carbohydrate 40 g, Fiber 4 g, Protein 17 g

U.S. Diabetic Exchanges Per Serving: 2½ starch, ½ vegetable, 1 high-fat meat (2½ carb)

Cook's Tips: To ensure a thin, crisp crust, do not let dough rise longer than 20 minutes.