

Mortgage Lifter Tomato Pizza

(Or What I like to call it whatever is in season Pizza)

Ingredients

1 package active dry yeast (about 2 1/4 teaspoons)
1/3 cup warm water (100° to 110°)
1/2 cup whole wheat flour (about 2 1/2 ounces)
1/2 cup all-purpose flour (about 2 1/4 ounces)
1 tablespoon vital wheat gluten
1 teaspoon extra virgin olive oil
1/2 teaspoon kosher salt
Cooking spray
1 tablespoon cornmeal
3/4 cup (3 ounces) shredded part-skim mozzarella cheese
1/2 cup (2 ounces) crumbled Gorgonzola cheese
2 Mortgage Lifter tomatoes, cut into 1/4-inch-thick slices (about 1 pound)
2 tablespoons chopped fresh basil
1 garlic clove, minced
1/4 teaspoon salt
1/4 teaspoon crushed red pepper

Preparation

1. Dissolve yeast in 1/3 cup warm water in a large bowl; let stand 5 minutes. Lightly spoon flours into dry measuring cups, and level with a knife. Add flours, wheat gluten, oil, and 1/2 teaspoon kosher salt; stir until a soft dough forms.
2. Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 3 minutes). Place dough in a bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85°), free from drafts, 1 hour or until doubled in size. (Press two fingers into dough. If indentation remains, dough has risen enough.)
3. Preheat oven to 450°.
4. Punch dough down. Roll dough into a 10 x 14-inch rectangle on a lightly floured surface. Place dough on a baking sheet coated with cooking spray and sprinkled with cornmeal. Cover and let rise in a warm place (85°), free from drafts, 20 minutes.
5. Sprinkle cheeses evenly over dough. Arrange tomato slices in a single layer over cheese. Combine basil and remaining ingredients in a bowl; sprinkle mixture evenly over tomatoes.
6. Bake at 450° for 12 minutes or until crust is golden brown. Cut pizza into 8 (5 x 3 1/2-inch) rectangles.

This is a great pizza dough recipe. We use it year round and top it with any thing and everything. You will not even realize you are eating a healthy pizza.