

## PIZZA ARUGULA

### ***Ingredients:***

#### Dough (makes two pizza doughs):

- 1 cup all-purpose flour
- ½ cup whole wheat flour
- 1½ tsp (8 g packet) active dry yeast
- ½ cup warm water
- ¼ cup skim milk (or soy milk)
- 1 tsp olive oil
- ½ tsp salt

#### Toppings (for one pizza dough):

- 4-5 Tbsp basil pesto sauce (see our *Basil Pesto* recipe)
- ¾ cup chopped arugula
- 1 small purple eggplant, sliced thinly
- 1 medium tomato, sliced thinly
- ¼ cup kalamata olives, pitted
- 5 asparagus spears, cut into smaller pieces (optional)
- ½ cup mozzarella cheese, shredded (optional)

### ***Instructions:***

- Mix flour, yeast and salt in a medium bowl.
- Add the warm water and milk. Mix well and knead the dough. The ideal pizza dough should be neither too dry nor too wet. Add more flour or water to get the desired texture.
- When the dough is almost perfect, add olive oil. The oil will make the dough softer and easier to work with.
- Place the kneaded dough in a clean bowl and cover with saran wrap or a damp towel.
- Let the dough rise for about half an hour in a warm spot. Punch down the dough and let it rise for an additional 15 minutes.
- Spread about 1 tsp of flour on a pizza baking stone. Divide the dough into two equal pieces. Roll out the first pizza dough on the baking stone. (The other piece should be kept in a bowl, covered with plastic wrap until you use it. You can keep the dough in the fridge for a few days, or freeze it for about a month.)
- Spread the basil pesto sauce on the pizza dough. Add the toppings and sprinkle with mozzarella cheese.
- Place the baking stone in the oven and preheat to 400 F. Bake pizza for about 35 -40 minutes until crispy (the cheese will melt). Refrigerate any leftovers.

One pizza serves 4 people.

### **Fact**

The different colours of fruits and vegetables are more than just pigments. Each colour corresponds to specific *antioxidants* or *phytochemicals* – food components that act as disease ‘fighters’ in our bodies. Some examples of phytochemicals include polyphenols (in grapes), flavonoids (in soy) and carotenoids (in carrots).

**Tip: you can use a different sauce for this recipe. Try tomato sauce, or mix some olive oil with minced garlic and basil (dry or fresh) and spread on the pizza dough. Add chili flakes for an extra kick, and voila!**

