

## **LOW-FAT DELUXE PIZZA;** 14" PIZZA, ONE SERVING = 1/8 OF PIZZA = 5.28 PTS.

### **DOUGH:**

- 1 ½ tsp dry yeast (0 points)
- 2 Cups all purpose flour (16 pts.)
- 1 ½ tsp salt (0 pt)
- 2 tsp. garlic powder
- 2 Tablespoons unsweetened apple sauce (.25 pt.)
- ¾ cup water (0 pts) – do not add too much water
- 1 Tablespoon yellow cornmeal (0 pts.)

Tip – can use ¾ cup whole wheat flour and 1 ¼ cup all purpose flour to add more fiber.

### **TOPPINGS:**

- 1 cup tomato sauce seasoned with basil and garlic (1 pt)
- 1 cup chopped onions (0 pts)
- 1 cup chopped green pepper (0 pts)
- 1 cup or more sliced mushrooms (0 pts)
- 1 can (about 28 oz.) diced tomatoes, seasoned or not (1 pt.)
- 2 to 4 oz. (about 30 to 60 pieces) Banana pepper rings, mild (0 pts)
- 1.25 pounds uncooked extra lean turkey breast (13 pts) made into sausage
- 34 pieces of Hormel Turkey Pepperoni, 70% less fat (17 pieces = 2 pts; 34 = 4 pts)
- 8 oz. (2 cups) Fat Free Mozzarella cheese (7 pts.)

### **Preparation:**

**Turkey sausage** = Add to uncooked ground turkey: 1 tsp salt, 1 tsp ground sage, 1 tsp black pepper, 1/8 tsp cayenne pepper, ¼ tsp garlic powder, 1/8 tsp ground cloves. 1/8 tsp nutmeg, 1/8 tsp allspice, ¼ tsp ground ginger, ¼ cup cold water. Mix thoroughly, place in refrigerator – best if it sits overnight.

NOTE: 1 tsp. salt seemed too salty, may want to use ½ - ¾ tsp salt. To make "mild" sausage, omit cayenne pepper.

Prepare dough in bread machine on dough setting or by hand. If by hand, mix yeast into warm water, then add remaining ingredients. If dough is too stiff, add water one Tablespoon at a time; Knead thoroughly, set aside to rest for 15-20 minutes, knead again, and press in very lightly oiled pan dusted with cornmeal. Let rest 5 minutes, place in 425 degree oven for 20 minutes or until nicely browned.

While the crust is baking, chop the onions, green pepper, slice mushrooms, and cook the seasoned turkey on low heat until just done (about 15 minutes.)

Leave oven on, place the toppings on the cooked crust in this order –

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|-------------------------------------|---|
| 1. Spread ½ cup cheese on the crust | 6. mushrooms                                    |
| 2. sauce                            | 7. Banana pepper rings                          |
| 3. cooked turkey, crumbled          | 8. diced tomatoes                               |
| 4. onions                           | 9. cheese                                       |
| 5. green peppers                    | 10. pepperoni, add at last 5 minutes of cooking |

Place in hot oven for 15 – 20 minutes; Slice into eight pieces.

Crust = 16.25 pts.; All Toppings = 26 pts. (May adjust points with toppings)  
Total 42.25 Points divided by 8 servings = 5.28125 pts per slice.