

Pizza with Tomato and Cucumber Salad

Pizza Crust

6-8 servings

1 ½ cups warm water
2 t yeast or one packet
1 t agave nectar (or other sweetener)
1 t salt
3 cups whole wheat flour
½ cup soy flour
¼ cup oil plus 1 T for rising

Dissolve yeast in water and agave nectar. Add oil, salt, soy flour and 1 cup flour. Mix. Add flour until dough pulls from side of bowl. Turn out on countertop and knead, adding flour until it won't absorb any more. Roll into a ball. Pour about 1 tablespoon of oil into mixing bowl: coat dough on all sides with oil; cover with towel and let it double in size (about 1 hour). Punch down dough and place on a cookie sheet. Flatten dough, pushing it firmly but gently so as not to tear, until it fills the whole sheet. Make the edges just a little thicker so sauce won't seep out.

Pizza filling

12-16 ounces pasta sauce

10-12 ounces of shredded "cheese" – made of soy or rice with no casein

(use any combination of these)

2-3 tomatoes, sliced	2 cups spinach
1 cup olives	10-15 leaves basil
1 cup onions, sliced	½ cup yellow squash
1 cup mushrooms, sliced	½ cup artichoke
1 cup sliced bell peppers	

Spread sauce evenly over dough. Sprinkle with ¾ of the cheese. Add vegetables. Add remaining ¼ portion of cheese on top. Let the pizza sit for 10-15 minutes to give the crust a chance to rise a little more. Place pizza in a 400 degree oven for 30-40 minutes. Crust should be golden brown and cheese melted. Let it set for 3-5 minutes, cut and serve.

Tomato and Cucumber Salad

Serves 4

4-5 plum tomatoes, sliced
4-5 inches of cucumber, sliced
¼ cup parsley, minced
Sea salt
Olive oil

Thinly slice the tomatoes and arrange in one layer on a plate. Cut enough cucumber slices to cover each slice of tomato. Sprinkle with salt and drizzle with olive oil. Garnish with parsley and serve.

For more information see: www.e2se.org