

CHICKEN VEGGY PARMESAN PIZZA

Prep time	Cook time	Total time
20 mins	25-30 mins	45-50 mins

Serves: 6-8

Ingredients

PIZZA DOUGH

- 2 cups of Spelt or Kamut flour
- 1/2 tsp salt
- 2 ½ tsp baking powder
- 2/3 cup milk substitute (rice, almond, or soy milk)
- 1/3 cup of butter

GARLIC & BUTTER CRUST TOPPING (OPTIONAL)

- 1 TBSP butter
- 1 clove of garlic or 1/8 tsp of garlic powder

SAUCE

- 2-6-ounce can tomato paste
- 2 cans water
- 1/2 tsp each dried or fresh basil, oregano, rosemary, garlic powder, granulated sugar
- 1/2 tsp of sugar
- 1/2 tsp salt

TOPPINGS

- 1 cooked and chopped chicken breast (or tofu)
- 1/2 cup each orange and green bell pepper, loosely chopped
- 1/3 cup red onion, chopped
- 1 cup button mushrooms, thinly sliced
- 1/2 cup parmesan cheese (or vegan substitute)

Instructions

SAUCE INSTRUCTIONS

If you don't want to make your own sauce you can use an organic pizza or pasta sauce for convenience (I like to use one of the Muir Glen pasta sauces)

1. Add can tomato paste to medium size sauce pan
2. Add 2 cans of water
3. Add sugar & seasonings
4. Add salt to taste
5. Simmer 15min
6. Use right away or store in refrigerator and use the next day for an even better taste

GARLIC BUTTER TOPPING (OPTIONAL)

1. Melt butter in microwave or on top of stove
2. Press fresh garlic into butter or add garlic powder and mix

Alternative – just rub a piece of fresh garlic over dough crust or sprinkle a pinch of garlic powder over dough

PIZZA DOUGH, ASSEMBLY, & COOKING INSTRUCTIONS

1. Mix flour, salt, & baking powder together in large bowl.
2. Cut butter into mixture until it looks like cornmeal.



Spelt is an ancient gluten grain from Europe and Asia. It is high in protein. It is a very good source of B vitamins as well as the minerals manganese, magnesium, phosphorus, copper, iron, zinc, selenium, & potassium. It also contains phytochemicals which act as antioxidants in the body.

Kamut is also an ancient wheat. It is higher in protein than wheat but less than spelt. It has all essential protein building blocks, but its proportion of methionine is a little lower. Its nutrient profile is similar to spelt.



3. Make bowl in the center of flour and add ½ the milk and then stir. Gradually add the remaining milk and mix with spoon or fingers adding milk until the dough is not sticky.
4. Roll dough between two sheets of waxed paper or just put dough into a lightly greased & floured cookie sheet and roll or push with finger to desired pizza shape (e.g. circle or square) and thickness
5. Spread sauce on top of pizza dough to desired thickness
6. Add toppings as desired
7. Top with parmesan cheese (or nondairy cheese)
8. Brush garlic butter on edges (optional)
9. Bake at 375 degrees F on the middle rack of oven until golden brown, 25-30 minutes.
10. Cut with pizza cutter or knife to desired size

Note: this is a biscuit recipe base; therefore, it is more crumbly than a yeast bread base. You can easily use spelt to make a nice yeast bread.

