Good-For-You Pizza

Prep: 30 minutes  
Rise: 45 minutes  
Bake: 22 minutes

Ingredients

- 1 pkg. active dry yeast  
- 2/3 cup warm water (105 degrees F to 115 degrees F)  
- 1 Tbsp. honey  
- 1 Tbsp. extra-virgin olive oil  
- 3/4 cup whole wheat flour  
- 1/4 cup cornmeal  
- 1/2 tsp. sea salt or salt  
- 3/4 to 1-1/4 cups all-purpose flour  
- 1 cup packed spinach leaves  
- 1 cup packed fresh basil leaves  
- 3 cloves garlic, peeled  
- 1/4 cup grated Parmesan cheese  
- 1/3 cup extra-virgin olive oil  
- 2 tsp. lemon juice  
- 2 oz. turkey pepperoni or pepperoni  
- 1-1/2 cups reduced-fat mozzarella cheese or shredded mozzarella cheese (4 to 6 oz.)

Directions

1. In a small bowl combine yeast and warm water. Let stand for 5 minutes. Stir in honey and the 1 tablespoon olive oil. In a large bowl combine whole wheat flour, cornmeal, and salt. Stir in yeast mixture. Stir in as much of the all-purpose flour as you can.

2. Turn dough out onto a lightly floured surface. Knead in enough of the remaining flour to make a moderately stiff dough that is smooth and elastic (6 to 8 minutes total). Shape dough in a ball; cover and let rise until nearly double (30 to 45 minutes).

3. Meanwhile, prepare spinach pesto. In a food processor bowl place spinach, basil, garlic, Parmesan cheese, the 1/3 cup olive oil, and lemon juice. Cover and process to a smooth paste. Set aside.

4. Preheat oven to 425 degrees F. Punch down dough; let rest for 10 minutes. On a lightly floured surface roll dough to a 12-inch round or 10-inch square. Transfer to greased baking sheet. Bake for 12 minutes or until browned. Top with pesto sauce, pepperoni, and cheese. Bake for 10 to 15 minutes more or until bubbly. Makes 8 servings.