



Whole-Grain Salami and Mozzarella Pizza

READY IN



30 min.

SERVINGS



4

CALORIES



423 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon active yeast dry
- 1 teaspoon agave syrup
- 4 servings bell pepper red crushed
- 1 tablespoon flaxseeds
- 4 servings basil leaves fresh for garnish
- 6 ounces mozzarella cheese fresh cut into thin slices
- 4 servings kosher salt
- 1 tablespoon olive oil extra-virgin
- 0.3 cup pizza sauce

- 2 tablespoons quinoa
- 1.5 ounces genoa salami thin
- 1 tablespoon sunflower seeds toasted
- 0.8 cup warm water (100 to 110 degrees F)
- 6 ounces flour whole-wheat white plus more for kneading
- 2 tablespoons whole-grain bulgur

Equipment

- bowl
- baking sheet
- paper towels
- oven
- whisk
- pot
- sieve
- plastic wrap
- kitchen towels
- spatula
- measuring cup
- pizza stone

Directions

- Set a pizza stone or a baking sheet on the middle rack of the oven and preheat to 500 degrees F.
- Divide the pizza dough into 2 balls. Put one ball on a heavily floured surface and roll and shape into a thin 11-inch circle with a thicker edge.
- Transfer to a floured pizza peel or floured upside-down baking sheet.
- Spread half the pizza sauce evenly on the dough round. Top with 3 slices of salami and half the cheese. (Make sure the dough, with all its toppings, can slide back and forth easily on the pizza peel; if not, add more flour.)

- Carefully slide the dough onto the hot pizza stone (the dough may not be perfectly round when it slides onto the stone).
- Bake until the bottom of the crust is lightly browned and very crisp and the cheese is melted, about 7 minutes.
- Remove the crust from the oven, top with basil and sprinkle with some crushed red pepper.
- Cut into 4 pieces. Repeat with the second ball of dough and remaining toppings.
- Bring 2 cups of water to a boil in a small pot.
- Add the bulgur and quinoa and simmer for 10 minutes.
- Transfer the grains to a fine-mesh strainer and hold under cold running water to stop the cooking.
- Let the grains drain in the strainer for 15 minutes, then spread them out on a thick layer of paper towels to absorb any extra moisture. Meanwhile, coarsely grind the flaxseeds in a spice grinder, just to break them open.
- Stir together the warm water, agave and yeast in a measuring cup or small bowl.
- Let sit until a small layer of foam develops at the top, 3 to 5 minutes. (If this doesn't happen, discard and try again with new yeast.)
- Whisk the flour and 1/2 teaspoon salt together in a medium bowl; add the foamy yeast mixture and olive oil and mix together with a stiff rubber spatula. When the dough starts to come together, mix in the cooked grains, ground flaxseeds and sunflower seeds; form the dough into a uniform ball in the center of the bowl. Be sure to scrape and use any dough stuck to the sides. The dough will be very sticky at this stage. Cover the bowl tightly with plastic wrap and keep in a warm place until the dough has doubled in size, about 2 hours.
- Lightly dust a baking sheet with flour.
- Sprinkle a generous amount of flour on a clean, dry work surface. Scrape the dough onto the floured surface and knead for a couple of minutes, working in just enough flour to make the dough less sticky but still moist to the touch. Flour your hands periodically to prevent sticking. Form the dough into one single ball or divide it into smaller balls.
- Place the dough ball(s) on the prepared baking sheet. Cover loosely with plastic wrap or a dish towel and let the dough rest for 30 minutes. After the 30 minutes, the dough can be shaped and cooked as desired.

Nutrition Facts



■ PROTEIN 18.62% ■ FAT 42.94% ■ CARBS 38.44%

Properties

Glycemic Index:59.25, Glycemic Load:1.02, Inflammation Score:-8, Nutrition Score:23.963912948318%

Nutrients (% of daily need)

Calories: 422.8kcal (21.14%), Fat: 20.87g (32.11%), Saturated Fat: 7.84g (49.02%), Carbohydrates: 42.03g (14.01%), Net Carbohydrates: 34.82g (12.66%), Sugar: 3.29g (3.66%), Cholesterol: 41.99mg (14%), Sodium: 835.31mg (36.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.36g (40.72%), Manganese: 2.09mg (104.63%), Selenium: 39.44µg (56.34%), Phosphorus: 410.64mg (41.06%), Vitamin B1: 0.53mg (35.26%), Fiber: 7.21g (28.85%), Magnesium: 109.81mg (27.45%), Calcium: 257.13mg (25.71%), Zinc: 3.47mg (23.14%), Vitamin A: 1080.48IU (21.61%), Vitamin B12: 1.27µg (21.13%), Vitamin B6: 0.41mg (20.56%), Vitamin E: 3.05mg (20.34%), Vitamin B3: 3.93mg (19.64%), Vitamin B2: 0.33mg (19.46%), Copper: 0.38mg (18.86%), Iron: 3.11mg (17.3%), Folate: 66.06µg (16.52%), Vitamin K: 15.55µg (14.81%), Potassium: 418.08mg (11.95%), Vitamin B5: 0.73mg (7.29%), Vitamin C: 2.28mg (2.76%), Vitamin D: 0.17µg (1.13%)