



Grilled Pizza Dough

This recipe provides a very versatile dough; great for pizza dough, inclusions can include things like olives, pecans, figs, etc.

U.S.

7.25 oz

1 tsp

1 + 1/4 cup

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1 Tbsp

1/2 Tbsp

3/4 tsp

Water

Yeast

Whole Wheat Flour

Bread Flour

Honey

Extra Virgin Olive Oil

Salt

Metric

204 ml

3 g

141.5 g

141.5 g

15 ml

5 ml

5.5 g

Preparation:

1. Gather all ingredients and equipment.
2. In a medium bowl combine water and yeast. Let sit for 2 minutes. Add flour and honey until dough forms a shaggy mass. DO NOT KNEAD. Set aside to rest for 30 minutes covered with linen.
3. After 30 minutes sprinkle with oil and salt. Knead for 1 minute.
- 4 Place dough on a floured linen, cover, and let rest for 1 hour. During the hour fold the dough four times at 20 minute intervals.
5. Separate the dough into 4 even balls. Allow to rest for 10 minutes covered with linen.
6. Grease the bottom side of a half sheet pan, and gently spread the dough into a rectangle to cover the pan. Make sure to lubricate both sides of the dough with oil.
7. Preheat the grill on high. Allow the dough to rest while the grill is heating.
8. Place the dough on the grill, and flip when the dough has began to bubble. Approx. 3-4 minutes per side.
9. Put your desired toppings on and enjoy.

****Nutrition Facts on Reverse**

Nutrition Facts

12 Servings

Serving size **1 slice**

Amount per serving

Calories **100**

Calories from Fat 10

Total Fat 1 g

 Saturated Fat 0 g

 Trans Fat 0 g

 Monounsaturated Fat 0 g

Cholesterol 0 mg

Sodium 120 mg

Total Carbohydrate 20 g

 Dietary Fiber 2 g

 Total Sugars 2 g

 Includes 1g Added Sugars

Protein 3 g

Vitamin D 0 %

Calcium 0 %

Iron 2 %

Potassium 49 mg

Phosphorus 47 mg
