

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: Come Home from Work and Serve Homemade Pizza Tonight!

Let Everyone Top Their Own:

Personal Whole Wheat Pizzas

1½ Cups Whole Wheat Flour
1½ Cups All Purpose Flour
2 Packages Rapid Rise Yeast
1½ Tsp Fine Sea Salt
1 Tsp Sugar
1 1/3 Cup Hot Water (110 -120F)
4 Tsp Extra Virgin Olive Oil

Step One Crank your oven up to 500F. Combine the Flours, Yeast, Salt and Sugar in a food processor; pulse to mix. Combine the water and oil in a measuring cup. Slowly drizzle the mixture into the processor with the motor running until it forms a sticky ball - the dough will be REALLY soft and sticky.

Step Two Plop it out on a lightly floured surface. Spray a sheet of plastic wrap with cooking spray and place it sprayed side down on the dough and let it rest for 15 - 20 minutes before preparing.

Step Three On a lightly floured surface, divide the dough into 10 balls. Pat each ball into a pizza. Spread on your choice of toppings and bake until the crust is crisp and golden about 10-12 minutes.

2 Kitchen Smidgen

Don't just use the same old toppings! Shake it up with:
Roasted Red Peppers
Sautéed Mushrooms
Caramelized Onions

Goat Cheese
Extra Virgin Olive Oil
Capers
Kalamata Olives
Chopped Fresh Basil, Oregano, Marjoram or Thyme
White Beans - Hummus
Strawberry Jam with Light Cream Cheese and Sliced Strawberries
Fresh or Sun-dried Tomatoes

3 Get Creative

Quick Rising Yeast is a super ingredient to use in fast baking. Instead of adding the yeast to liquid ingredients, Rapid Rise yeast is added to the dry ingredients like flour, sugar and salt. The dough rises in as little as 15 minutes, so you can shape it and bake it immediately.

4 WINE of the Week

KRIS Pinot Grigio

Delle Venezia, Italy

Cost Plus World Market about \$10.00

This crisp and refreshing pinot grigio is a perfect pair for a weeknight whole wheat pizza with veggies. Just because it's pizza doesn't mean you have to have a traditional red sauce topping! Lighter, healthier pizzas call for a light wine, too. The label is as interesting as the wine: the hand represents the human touch of the wine maker, the gold orb is the sun, and the lips represent the mouth that ultimately tastes the wine.