

PIZZA SAUCE

Everybody loves pizza, and it's a lot of fun to make it at home. It's a wonderful way to introduce kids to cooking, and adults have fun too, often to their surprise. It also allows everybody to make exactly what he or she wants, so everyone's happy!

15 ounces Tomato Sauce
½ teaspoon Oregano
½ teaspoon Basil
¼ teaspoon Garlic Powder
1/8 teaspoon Cayenne Pepper
1 Tablespoon Sugar

Mix all ingredients together over medium heat, stirring constantly until it comes to a boil. Reduce heat and simmer for 15 minutes, stirring occasionally. Remove from heat and allow it to cool.

This makes enough sauce for 4 small pizzas (8 inch) or 2 large pizzas (14 inch)

TO MAKE PIZZA:

Make a batch of regular bread dough, allow it to rise until double, then punch it down and divide into 4 pieces for small pizzas or 2 pieces for large pizzas. Roll out the dough to the appropriate size and place in pans. For small pizzas, I use 9 inch cake pans or pie tins. Once the dough is in the pans, take a fork and poke the dough 10 or 12 times evenly distributed around/across the pan. This will keep your crust from blowing up like a balloon when it cooks. (By the way, if you want pita bread, don't poke it with a fork!) Spray the top of your dough thoroughly with vegetable oil spray. This will keep the top from drying out and allow the dough to rise. Place dough in a warm draft free place for 30 minutes.

Preheat oven to 350 degrees, and cook pizza crusts for 8 minutes. Remove from oven and cool. I like precooking my crust to avoid the soggy doughy results from piling on too many toppings and not completely cooking the dough.

When the pan is cool enough to touch, spread a thin layer of sauce on the crust, and add toppings.

Place in 450 degree oven for 5 minutes, then check it every 1 minute until the cheese is melted and is beginning to brown. Remove from oven and allow it to cool for 5 minutes before slicing. It's too hot to eat right now anyway, and you won't have as much melted cheese running everywhere.

Calorie Breakdown:

Sauce: 27 cal/ ¼ cup

Pizza: 1/3 dough recipe rolled out to 14 inches with sauce and a reasonable amount of cheese (by Deean's standards) cut into 8 slices = 135 cal/slice