

Homemade Pepperoni Pizza

2 cups all-purpose flour
1 envelope rapid rise yeast
1 teaspoon salt
1 tablespoon sugar
1 cup hot water

1 cup pasta or pizza sauce
10 ounces shredded mozzarella cheese
3 to 4 dashes dried Italian herbs
3 ounces sliced turkey pepperoni

Mix first five ingredients into a soft dough. Knead the dough on a floured surface until it is smooth and elastic. Place the dough into a greased bowl and let rise for 30 minutes. Preheat the oven to 425 degrees. Press the dough out into a thin circle on a greased 10-12 inch pizza pan. Spread the cup of sauce onto the pizza with a spoon. Sprinkle the dried herbs over the pizza. Sprinkle the shredded cheese all over the crust. Place the pepperoni slices around the pizza. Bake in the oven for 20 to 30 minutes until the crust looks browned on the edges.

Yield: 8 servings. Each serving contains about 225 calories and 28 carbohydrates.

Benjamin McSwain

Junior-Main Dish