

Whole Wheat Pizza Dough

¾ cup whole-wheat flour

¾ cup all-purpose flour

1 package quick-rising yeast, such as Fleischmann's RapidRise

¾ teaspoon salt

¼ teaspoon sugar

½-2/3 cup hot water (120-130°F)

2 teaspoons olive oil

Combine whole-wheat flour, all-purpose flour, yeast, salt, and sugar. Separately combine hot water and oil in a measuring cup. Gradually incorporate enough of the hot liquid into the flour mixture until you can form a sticky ball. The dough should be quite soft. If it seems dry, add 1-2 tablespoons warm water; if too sticky, add 1-2 tablespoons flour. Knead for about 10 minutes. Transfer the dough to a lightly floured surface. Spray a sheet of plastic wrap with cooking spray and place it, sprayed-side down, over the dough. Let dough rest for 10 minutes before rolling.

Yield: 12 ounces dough = one 12-inch pizza or two 10-inch pizzas.