

Cooking with Chase and Grandma Duffy

Did Someone Say Pizza? ¹⁵

Your body needs dietary fats for energy, to help your body grow and develop (and to help absorb vitamins A, D, E, and K). Choose foods with healthy fats such as nuts, seeds, fatty fish, avocados, vegetable oils (like canola oil) and soft non-hydrogenated margarine.

After completing a run through one of Grandpa's canola fields to practice for track season, Chase loves to help his grandma prepare homemade pizza! Cooking with his grandma creates a special family tradition that they both share.

With the help of an adult, try making this delicious pizza to enjoy! The possibilities are endless for toppings! **Remember: if you don't have whole wheat flour that's okay, this pizza can be made with all-purpose flour too!**

Yield: 8 servings

Ingredients:

- 1 cup whole wheat flour [250 mL]
- 1½ – 2 cups all-purpose flour [375-500 mL]
- 2 Tbsp wheat germ [30 mL]
- 1 pkg [7g] quick rising instant yeast [1 pkg]
- 1 cup warm water [250 mL]
- 1 Tbsp canola oil [15 mL]
- ¼ tsp salt [1 mL]



Instructions:

1. In a large bowl, mix whole wheat flour, wheat germ, 1 cup [250 mL] all-purpose flour, salt and yeast.
2. Stir in warm water [slightly warmer than room temperature] and canola oil.
3. Gradually stir in enough of remaining all-purpose flour to make a soft dough. Knead on lightly-floured surface until smooth and elastic.
4. Shape dough into a ball. Cover and let the dough rest for 10 minutes before rolling out to be about 2.5-5 cm thick.
5. Place on greased baking sheet and top with your favourite ingredients! Be creative!
6. Bake at approximately 400°F [200°C] for approximately 40-60 minutes or until the crust appears golden brown on the bottom. If you use excessive toppings, the pizza may take longer to bake [1- 1.5 hours]. Additionally, check out Canola Eat Well for a great tomato sauce recipe: <https://canolaeatwell.com/recipe/pizza-dough-quick-pizza-sauce/> Have an adult help you check the crust to determine doneness.
7. Clean up.