

## B-B-Q Pizza

Pizza Dough \* (store bought or see below)

1 15oz can tomato or pizza sauce  
3 Tbsp. of nutritional yeast  
1 medium onion, thinly sliced  
1 bell pepper, thinly sliced  
½ cup mushrooms, thinly sliced  
¼ cup fresh basil, chopped  
Small head of broccoli, chopped  
1 cup fresh spinach, chopped



1. Mix Dough
2. Heat B-B-Q to high
3. Sauté onion, bell pepper and mushrooms if desired
4. Grill dough: Flip a round of dough onto grill. Cook, covered until dough has puffed and grill marks appear underneath, about 3 minutes. Flip and repeat on the other side. Then remove from grill.
5. Spread each pizza crust with sauce
6. Sprinkle with nutritional yeast
7. Top with desired vegetables
8. Place back on grill for ~10 minutes until crust just starts to brown.
9. Top with sliced tomatoes if desired

(or bake dough on a pizza stone for 10 minutes at 400 in oven, add toppings per above and bake an additional ~15 minutes)

### \*Pizza Dough

2 Tbs / 1 package active dry yeast  
1 cup warm water  
1 ¼ cup all-purpose flour  
1 ¼ cup whole wheat flour  
1 Tbsp. olive oil  
1 Tbsp. salt  
1 Tbsp. maple syrup

Optional additional seasonings: 1 tsp onion powder, ½ tsp oregano, ½ tsp basil

1. In a small bowl, dissolve yeast in water and let stand for 10 minutes.
2. In a large bowl, combine all ingredients. Mix with lightly floured hands or with an electric mixer until a stiff dough has formed. Add 1 tsp at a time of extra flour if needed if dough is too sticky. Place the dough in an oiled bowl and in a warm part of the kitchen until it has doubled in size (1 to 1 ½ hours).
3. Place the dough on a lightly floured surface and knead for 5 minutes. Divide into 2.
4. Pat out the dough on an oiled sheet of parchment paper. Let dough stand about 15 minutes until puffy
5. Flip the dough onto the grill to cook, then pull off the parchment paper.