



Tomato and Garlic Pizza

Serves eight

300 to 350 grams of homemade pizza dough (use a whole package of store bought)
3 TBS pizza sauce
1 medium ripe tomato sliced thinly
1 large garlic clove sliced thinly
1/4 tsp. dried oregano
1/4 tsp. dried chili flakes – optional
1/4 tsp. salt
1/2 tsp. olive oil
1 TBS finely sliced basil leaves

Preheat your oven to the max you can get it and prepare your pizza pan by either dusting it with cornmeal or applying a very thin layer of olive oil to it (my personal favorite).

Stretch your dough by either rolling it out or by using your hands. If you use your hands allow the dough to stretch itself with its own weight. Place a fist on an edge and gently shake it as you rotate the dough. Place the stretched out dough in your pan and allow it to rest for a couple of minutes. Finish by pulling it to cover the pan completely.

Spread the sauce on the dough and arrange the tomatoes and garlic pieces on top. Sprinkle with the oregano and chili pepper (if using). Add the salt to the tomatoes and garlic and the dough on the edges. Drizzle the whole pizza with the olive oil and place it in the oven.

Bake your pizza for 10 to 12 minutes or until the dough is cooked and the bottom is lightly browned.

Remove it from the oven and sprinkle it with the basil. Slice and serve.

CALORIES 117.72; FAT 1.57 grs (sat 0.04; mono 0.21; poly 0.05); PROTEIN 4.11 grs ; FIBER 1.09 grs; CARBS 21.41 grs; CHOLESTEROL 0.00 mg; IRON 0.11 mg; SODIUM 280.08 mg; CALCIUM 5.70 mg