

Cal-Italia Pizza

Cal Italia Pizza



This is a pizza we get at a local restaurant. It is one of our favorites, so we wanted to recreate it at home

Serves 4, 2 Slices per serving

9 points for 2 slices on all plans

Crust

- 1 cups flour
- 1/2 Tbsp baking powder
- 1 tsp INSTANT DRY YEAST *** see notes below if using Active Dry Yeast
- 1/4 tsp salt
- 1/4 cup fat free Greek yogurt
- 1/4 cup water

Toppings

- 3 Tbsp fig jam
- 2 oz prosciutto
- 2 oz fresh mozzarella cheese, grated
- 2 oz gorgonzola cheese, crumbled
- 1 Tbsp balsamic glaze
- microgreens, optional

Crust

1. Mix flour, baking powder, yeast and salt in a large bowl.
2. Add Greek yogurt and stir well
3. Add water -start with 1/2 cup, add more if needed – only add a tablespoon at a time!
4. Knead in the bowl for about 30 seconds.
5. Cover and let dough rise in a warm place for at least an hour, but the longer the better – I let mine go a few hours until it doubles in size ** see below how I create a warm place!
6. Roll out dough onto your desired pizza pan.
7. Bake at 400 for 6-8 minutes.

Assembly

1. Spread fig jam evenly onto par baked crust
2. Top with mozzarella.
3. Break apart prosciutto and place on top of mozzarella
4. Sprinkle with Gorgonzola cheese
5. Bake an additional 12 minutes, until cheese is melty and crust is golden.
6. Top with microgreens and balsamic glaze. Let rest 3-5 minutes, slice into 8 pieces and serve.

**Instant dry yeast is yeast that can be mixed right with the dry ingredients, it does not need to be proofed – one brand is SAF.

If you use active dry yeast, you should add it to the warm (115 degrees) water and let it sit and bubble for about 10 minutes and then add to dry ingredients

**to create a warm place for dough to rise, preheat your oven to 200 for 1 minute 30 seconds. Do not let it get to 200 –

only do it for 1 minute and 30 seconds! Turn oven off and put dough bowl in oven and let rise.

Main Course

Pizza