

PIZZA! party!

MUSIC

Whether your pizza is Italian inspired or not this evening, this Spotify playlist **The Perfect Italian Dinner** just pairs right.

click here to access the playlist



BOISE STATE UNIVERSITY

Spark new conversation with family, friends or roommates with the questions of the night

What is your personal philosophy?

Just like making a pie with the right amount of toppings and cooking it evenly, life is about finding balance. At BroncoFit we focus on the 8 dimensions of wellness that help you live a healthy and wholesome life. The dimensions are Social, Financial, Emotional, Intellectual, Occupational, Environmental, Physical, and Spiritual.

Take a moment to reflect on the balance you achieve in these dimensions in your life. Where do you thrive, and where can you grow?

This week's recipes are from Good and Cheap, Eatingwell.com, and dishingupthedirt.com.

BRONCO FAMILY TABLE MEAL KITS
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RECIPES

PIZZA DOUGH

*This recipe for pizza dough has **two options**, one to make ahead of time, and one fast version. Use whichever works best for your timeline!*

INGREDIENTS:

- 3 cups all-purpose or bread flour
- 1 ½ teaspoons salt
- ½ - 1 teaspoon instant yeast
- 1 tablespoon olive oil
- 1 ¼ cups water

FAST METHOD:

Measure out the flour, salt and a teaspoon of yeast into a big bowl. Mix the oil into the flour with your hands, crumbling it until the texture is a bit sandy, then add the room-temperature water. Keep mixing with your hands until it comes together.

Knead the dough on a lightly floured countertop for 5 to 7 minutes, until it becomes a smooth elastic ball. The dough will be smooth but quite wet.

Add a small amount of oil to a bowl. Place your dough ball in the bowl and cover with plastic wrap. Let it rise for 1½ to 3 hours, depending on the warmth of your kitchen. It's done rising when it has doubled in size. Then it'll be ready to shape into your favorite pizza!

SLOW METHOD:

If you're organized enough to make the slow dough, I recommend taking the extra time: it's the best. Use the same process as at left, but add only ½ teaspoon of yeast to the flour mixture. Rather than room temperature, the water should be very cold.

After you place the dough ball in a bowl and cover it, put it into the fridge overnight. Letting the yeast work overnight creates a better flavor; it also makes the dough more elastic and easier to work with.

The next day, 2 to 3 hours before you want to bake your pizzas, remove the dough from the fridge to return to room temperature.

THAI CHICKEN PIZZA

Serves 6

INGREDIENTS:

- ¼ cup smooth peanut butter
- 3 tablespoons of water
- 2 teaspoons reduced sodium soy-sauce
- 2 teaspoons fresh minced ginger
- 1 clove garlic, minced
- 1 teaspoon canola oil
- 8 ounces boneless, skinless chicken breast, trimmed and diced
- 1 red bell pepper, diced
- 4 scallions, thinly sliced
- ⅔ cup shredded part-skim mozzarella cheese

DIRECTIONS:

Place the oven rack in the lowest position; preheat to 450 degrees F. Coat a large baking sheet with cooking spray.

Roll out or stretch dough on a lightly floured surface into a rough 16-inch oval. Transfer to the baking sheet. Bake on the bottom rack until puffed and lightly crisped on the bottom, 8 to 10 minutes.

Meanwhile, whisk peanut butter, water, soy sauce, vinegar, ginger and garlic in a small bowl until well combined.

Heat oil in a medium nonstick skillet over medium-high heat. Add chicken and cook, stirring, until cooked through, 2 to 4 minutes. Transfer to a medium bowl. Add bell pepper, scallions and 1 tablespoon of the peanut sauce to the chicken; toss to combine. Remove the crust from the oven; spread evenly with the remaining peanut sauce. Top with the chicken mixture, then sprinkle with cheese. Return the pizza to the oven and bake on the bottom rack until the crust is crispy and golden and the cheese is melted, 11 to 13 minutes.

DIRECTIONS:

Turn the oven to 500 °F.

Put a large pan on medium heat and add 1 tablespoon of olive oil. Once the oil is hot, add the potato slices evenly to the pan, making sure each slice is touching the bottom. (If you slice them thin enough, they'll turn out almost like little chips.)

Let them cook until they start to crinkle around the edges and turn brown. Flip them over and brown the other side, then move them to a bowl. Sprinkle with salt and pepper, then toss with your hands (after they cool down!) to make sure they're evenly coated.

Heat up another tablespoon of oil in the same pan, then toss in the leek slices, stirring occasionally until they're soft, about 5 minutes. Toss them with the potato slices and add a bit more salt and pepper.

Clear a space on the counter and sprinkle with flour. Divide your dough into 4 equal pieces. One at a time, stretch the doughs into crusts. You can use a rolling pin or just slowly use your fingers and hands. I like to make mine really thin and big, but it's up to you how thick to make it.

Once the crust is the desired shape and thickness, dust the back of a cookie sheet with flour or cornmeal to keep the crust from sticking, then place the dough on the sheet.

Now layer it with ¼ of the potato and leek mixture and ¼ of the shredded mozzarella. Bake for 5 to 8 minutes. If it's your first time, simply keep an eye on the oven to see when the pizza is done. The crust should be light brown and the cheese melted.

Repeat the process until you've baked all your pizzas. If your oven is big enough, you can of course do more than one pizza at a time.

POTATO LEEK PIZZA

Serves 4 (Individual Pizzas)

INGREDIENTS:

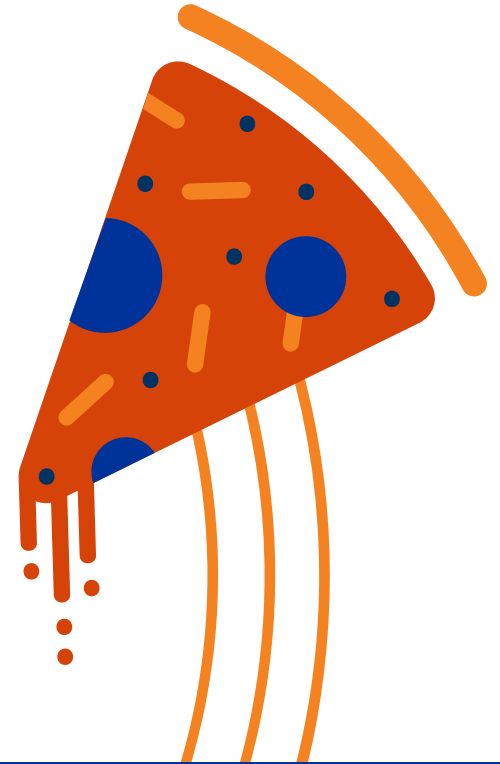
1 recipe pizza dough
2 tablespoons olive oil
3 small potatoes or 1 russet potato sliced into thin circles
3 leeks sliced into circles
Salt and pepper
1 pound fresh mozzarella shredded

HUMMUS PIZZA

Serves 4

INGREDIENTS:

- 1 ball of homemade or store bought pizza dough
- ¼-½ cup hummus (homemade or store-bought)
- ¼ cup sun-dried tomatoes, chopped
- ¼ cup pitted kalamata olives
- ¼ of a red onion, finely chopped
- ¼ cup cooked chickpeas
- ¼ cup crumbled feta cheese
- ¼ cup parsley, finely chopped
- 2 tablespoons extra virgin olive oil
- a squeeze of fresh lemon juice



DIRECTIONS:

Preheat the oven to 425 degrees.

Spread the pizza dough onto a prepared baking sheet or pizza stone. (If using a baking sheet drizzle a little oil on the pan to keep the pizza from sticking.)

Spread hummus evenly over the crust. Top with sun-dried tomatoes, kalamata olive, red onion, chickpeas, and feta cheese. Bake in a 425 degree oven for about 12 minutes. Then increase the heat to 500 degrees and cook an additional 2-3 minutes (this will help get the chickpeas crunchy!) Keep a close eye on the pizza to make sure it doesn't burn.

Remove pizza from the oven and top with minced parsley, a drizzle of extra virgin olive oil and a squeeze of fresh lemon juice.