

Sheet Pan Pizza

You can make this dough in one minute in the food processor - really! Use Rapid Rise yeast to shorten the rising, making this a totally doable pizza to make after a busy day. To get a crispy crust, preheat your oven to 450° well in advance. You can make the pizza dough the morning before you will be using it to develop the flavor. The dough will rise quicker in a damp warm space. Here's a tip. If your microwave is large enough, you can put a glass of water in the microwave and cook on high for one minute. Move the glass of water to the corner and place your bowl or sheet pan in the oven, close the door and let it rise in this damp and warm "proofing" space. Use leftovers from your fridge to top the pizza or any of your favorite pizza toppings.

One-Minute Pizza Dough

3 cups + all-purpose flour
1 Tablespoon yeast or 1 package (use Rapid Rise)
2 teaspoons sugar
1 Tablespoon + olive oil
1 teaspoon salt
1 warm water

¼ cup caramelized/raw onion, minced garlic
pinch herbs - oregano, basil, fennel seed, crushed red pepper
2 Italian sausages, casings removed
10 kalamata olives pitted and sliced
1 roasted bell peppers, sliced artichoke hearts or Brussels sprouts, zucchini
2 cups + mozzarella cheese

Toppings

1 cup spaghetti/pizza sauce

- 1 Preheat oven to 450°.
- 2 Measure flour into bowl of food processor. Place the yeast and sugar together atop the flour and place the salt and olive oil on the other side of the bowl. Add ½ cup warm water to yeast to begin to activate it. Bubbles will begin to form in the yeast mixture. With motor running, add enough warm water to bring all ingredients together into a moist, but not wet ball. If mixture is too dry, add more water. If mixture is not coming together, then add more flour, a little at a time. Dump the dough into an oiled bowl, coat the dough ball with oil and cover with plastic wrap. Place in a warm, damp spot and let it rise.. See notes above about using the microwave oven.
- 3 You can make the dough ahead and let it rise in a bowl for 20+ minutes or all day, then just stretch the pizza dough into the sheet pan. Coat a sheet pan with plenty of olive oil and spread the pizza dough out over the pan, getting it as close to the edges as possible. It may not reach the edge, but will as it rises. Cover it with plastic wrap and let it rise in a warm place. (It may take longer to rise if it is in a cold room.) After another 25 minutes, it should look bubbly.
- 4 Top your pizza with your favorite ingredients. I like to start with my spaghetti/pizza sauce or fresh tomato slices. Then add herbs, fennel seed, crushed red pepper. Next goes small amounts of raw meat or larger cooked meats, olives. Next goes minced garlic, raw or caramelized onions. Next goes vegetables - thin sliced Brussels sprouts or artichoke hearts, bell peppers, zucchini. Last I top the pizza with grated mozzarella cheese to glue it all together.
- 5 Place the Sheet Pan Pizza in the center or bottom of preheated oven. Bake 12-15 minutes or until the cheese begins to brown. Remove from the oven, cut into squares and serve.

Servings: 6

Preparation Time: 11 minutes

Cooking Time: 15 minutes

Inactive Time: 45 minutes

Total Time: 1 hour and 11 minutes

Oven Temperature: 450°F

Nutrition Facts

Nutrition (per serving): 540 calories, 237 calories from fat, 26.8g total fat, 58.1mg cholesterol, 1265.1mg sodium, 698.8mg potassium, 55.1g carbohydrates, 8.9g fiber, 4.4g sugar, 23.9g protein.

Source

Author: Patricia K. Rose, July 2021

