

Chicken Bannock Pizza

Ingredients



Whole-wheat flour	18 $\frac{3}{4}$ cups	4.68 L
Baking powder	$\frac{3}{4}$ cup	175 mL
Canola oil	1 $\frac{1}{4}$ cups	310 mL
Water, lukewarm	9 $\frac{1}{3}$ cups	2.33 L
Tomato sauce, canned, low sodium	3 cups	750 mL
Mushrooms, sliced	6 cups	1.5 L
Green or red bell peppers, sliced	6 cups	1.5 L
Red onions, diced	$\frac{1}{2}$ cup	125 mL
Chicken breasts, previously cooked, diced	11 $\frac{1}{4}$ cups	2.8 L
Mozzarella cheese, low fat (16.5% MF), shredded	3 cups	750 mL

Directions

1. Preheat oven to 425°F (220°C).
2. The dough can be mixed in one large batch or in three small batches to make mixing easier. Choose one of the following options:
 - a) To mix dough in **three small batches**:

In three large bowls, mix 6 $\frac{1}{4}$ cup (1560 mL) flour and $\frac{1}{4}$ cup (60 mL) baking powder using a large wooden spoon. Make a well in the centre; add $\frac{1}{4}$ cup plus 3 tablespoons (105 mL) canola oil and 2 cups (500 mL) water.
 - b) To mix dough in **one large batch**:

Place flour and baking powder in a large mixing bowl. Mix with a dough hook for 30 seconds on low speed. Add canola oil and 6 cups (1500 mL) of the water. Mix on low speed for 6 minutes; adding more water as necessary until the mixture forms a stiff dough.

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3. Transfer all dough to a lightly floured surface. Combine dough and knead lightly 8–10 times. Divide dough evenly into 50 portions.
 4. Pat/press each portion into a flat circle approximately 5”–6” (12.7 cm–15.2 cm) in diameter.
 5. Place flattened circles onto a cookie sheet and place into oven. Bake 10–12 minutes. Remove from oven and let cool for 5 minutes.
 6. Top with tomato sauce, mushrooms, green and/or red peppers, red onions, cooked, diced chicken and shredded cheese.
 7. Return the pizzas back into oven and bake for 10–12 minutes, or until the cheese start to bubble.
 8. Cut each pizza into slices and serve 1 individual pizza per serving plate.

Makes 50 slices (171g).

Nutrition Facts	
Per slice (171 g)	
Amount	% Daily Value
Calories 290	
Fat 9 g	14 %
Saturated 1.5 g + Trans 0 g	8 %
Cholesterol 0 mg	
Sodium 350 mg	15 %
Carbohydrate 37 g	12 %
Fibre 6 g	4 %
Sugars 1 g	
Protein 18 g	
Vitamin A 10 %	Vitamin C 20 %
Calcium 15 %	Iron 15 %

Nutrient Claim	Amount per Serving
Very high in fibre	6 g
High in calcium	167 g
High in iron	2.4 mg

Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	½
Grain Products	0
Milk and Alternatives	0
Meat and Alternatives	½

Alberta Nutrition Guidelines Category

Choose Most Often
(Mixed Dish)



Recipe Tips

- Let children place toppings on their own pizzas. Involving children in meal preparation makes food fun and interesting, and may help increase their intake of healthy foods.
- Bannock is very versatile and can be used in a number of different ways. Make sandwiches, serve with soups, or pair with cheese as a yummy snack.
- Need a time saver? Make bannock ahead of time. Freeze the dough or the baked bannock; defrost at room temperature or in the microwave whenever needed.

Source: Manitoba Canola Growers www.canolarecipes.ca