Veggie Pizza with Herbed Tomato Crust

1/2 cup whole wheat flour Toppings

1 1/2 teaspoon fresh parsley 8 ounce can pizza sauce

1 1/2 teaspoon fresh rosemary, chopped 1 bell pepper, chopped

1 teaspoon active dry yeast 1 cup sliced mushrooms

1/2 teaspoon sugar 1 red onion, sliced thin

1/4 teaspoon salt 1 cup shredded mozzarella

1/4 teaspoon pepper crushed red pepper flakes

1/2 cup water

1/2 cup tomato juice

1 teaspoon olive oil

1 1/2 - 1 3/4 cups flour

Combine whole wheat flour, parsley, rosemary, yeast, sugar, salt and pepper in standing mixer.

Heat water, tomato and oil in saucepan.

Add water to dry ingredients. Beat until smooth. Knead 5 minutes.

Place in a bowl coated with cooking spray and let rise 1 hour.

Punch down dough and roll into a 12" circle.

Spread with pizza sauce.

Arrange toppings over sauce and sprinkle with cheese.

Bake 25-30 minutes at 400.

Sprinkle with red pepper flakes.