

Original Recipe

Lean & Green Cheese Pizza

This is a recipe for two pizzas and therefore a meal that is great to make once for at least two meals. Trader Joe's has a package of chopped and rinsed Southern Greens Blend that consists of a mix of Mustard Greens, Turnip Greens, Collard Greens, and Spinach we recommend for this recipe. The same amount of spinach can be substituted for the Southern Greens. This pizza is hearty, low fat and delicious. Sure to be a crowd-pleaser!

INGREDIENTS

- 1 Package of Trader Joe's chopped Southern Greens
- 1 Large sweet onion, coarsely chopped (or any preferred onion)
- 1 pkg of sliced baby Portobello mushrooms
- 4 Ripe Italian plum tomatoes, sliced
- 2 c. Gruyere cheese, shredded
- 2 c. Emmentaler cheese, shredded
- 2 pkgs. of fresh pizza dough, can be found at Trader Joe's and other markets
- Olive oil
- Cornmeal
- Freshly ground pepper
- Salt
- Meatless sausage or other meat can be added

BAKING TIME

Bake on separate racks in the middle of the hot oven for approximately 20 minutes or until crust is a golden brown.

PREPARATION

1. Heat oven to 450 degrees. Prepare two flat baking sheets with coating of oil and dusting of cornmeal. Form two pizza crusts with each of 2 packages of dough by flattening with your hands or rolling pin. Each crust will get to a, somewhat, round shape of 12-14 inches each. Place on prepared baking sheets.
2. Place pizza crusts in the oven for 10 minutes.
3. Meanwhile, shred the cheeses. Set aside.
4. Chop red pepper. Set aside.
5. Sauté onion in a large pan with olive oil until onion is golden brown. Add Trader Joe's Southern greens and sauté until cooked. Add *small* amounts of water if greens stick to the pan--too much water will make your pizza watery. Once onions and greens are cooked as desired, about 15-20 minutes. Set aside.
6. Sauté mushrooms in a small amount of olive oil until just cooked. This can take 4-5 minutes or less. Set aside.

Place prepared toppings on the pizzas in the following, recommended order:

1. Sliced fresh tomatoes
2. Cooked onions and greens
3. Cooked sliced mushrooms
4. Meatless sausage or a Meatless Italian ground meat--if desired
5. Shredded cheeses
6. Handful of chopped red pepper

NUTRITIONAL INFORMATION:

Greens are an excellent source of antioxidants, essential nutrients and minerals. Eat plenty of greens every day if possible. Collards are very low in fat, a great source of Vitamin A, Iron, Calcium, Vitamin C, Vitamin K, Folate and an excellent anti-inflammatory. According to <http://www.hsph.harvard.edu/> Vitamin K helps make four of the 13 proteins needed for blood clotting and is linked to maintaining good bone density.

To learn more about the nutritional value of these ingredients go to: <http://nutritiondata.self.com>