

Lunch | Dinner

Kale Pesto Pizza

15 Mins
Prep Time

15-20 Mins
Cook Time

8
Servings

381 Calories **13g** Fat **49g** Carbs **18g** Protein



Ingredients

8 Servings • **1** Slice Serving Size **Allergens:** Nuts, Dairy, Gluten **20-25 Mins** Total Time

1 Package Pizza Crust Mix or Store-Bought Pizza Crust

2 Cups Part-Skim Mozzarella Cheese, shredded

1 Cup Kale Pesto (use the Kale Pesto recipe)

1 Cup Kale, chopped finely (we used Lacinato kale, but any kind will work)

1 Tsp Extra Virgin Olive Oil

Salt and Pepper, to taste

1/4 Tsp Red Pepper Flakes (optional)

Allergen Swap

Nuts Pesto contains walnuts; omit walnuts and use pumpkin seeds.

Dairy Omit mozzarella cheese and use nutritional yeast or a dairy-free cheese.

Gluten Replace the pizza crust with a gluten-free version.

Nourishment Note



Kale

Kale is a member of the cabbage family. It contains high amounts of vitamin A, K and C. It may help to lower cholesterol levels, protect the heart and reduce inflammation associated with psoriatic disease.



Walnuts

Walnuts are one of the few plant-based sources of omega-3 fatty acids. This type of fat is important for heart and brain health, as well as reducing inflammation within the body.



Extra Virgin Olive Oil

Extra virgin olive oil contains antioxidants and monounsaturated fats important to lowering inflammation in the body and reducing the risk of heart disease.

Instructions

1. Prepare Pizza Crust

Preheat oven according to the pizza crust or pizza mix instructions. Prepare mix according to package instructions.

2. Make Kale Pesto

Make the kale pesto. Recipe can be found in the recipe section on *A Healthier You*.

3. Smear Pesto on Crust

Smear the kale pesto over the top of the crust, leaving about 1/2-inch to 1-inch space around the edge. Sprinkle with mozzarella cheese.

4. Bake Pizza

Bake the pizza according to instructions, typically about 15-20 minutes.

5. Combine Kale & Olive Oil

While the pizza is baking, combine kale, olive oil, salt and pepper in a small bowl. Massage with your hands to evenly coat the kale.

6. Add Kale to Pizza

5 minutes prior to the pizza being done, remove from the oven and add kale to the top. Continue baking until kale is crispy and cheese is brown and bubbly.

7. Serve

Remove from oven and serve warm. Top with a sprinkle of red pepper flakes if desired.

Recipe adapted from: cookieandkate.com

What You'll Need



Cutting Board



Knife



Measuring Cups



Measuring Spoons



Pizza Pan



Non-Stick Cooking Spray



Oven Mitt



Pizza Cutter

PD Cooking Tips

- A mezzaluna is a knife that rocks back and forth making cutting foods, such as pizza, easier. A mezzaluna could be used in place of a pizza cutter to more easily slice the pizza.
- To help conserve energy and reduce preparation time, a pre-made crust could be used instead of making your own. Try a whole wheat crust or cauliflower crust option if available.
- Bagged, pre-shredded kale can be used instead of tearing strips of kale to help reduce hand strain.
- Try sitting on stool while preparing this recipe. Standing can often make cooking more exhausting, a stool will help conserve energy.