

# MINI GREEN PIZZAS

## INGREDIENTS

Mini whole wheat pita rounds (or make your own pizza dough)

Tomato sauce or pesto\*

Cheese (mozzarella is the classic, but feta, cheddar, provolone, or others are good, too!)

Fresh greens (any combination of kale, collards, spinach, bok choy, cabbage leaves)

2-3 cloves garlic, minced

Olive oil

## METHOD

First, preheat the oven to 325F.

Then, prepare the pitas. Line a cookie sheet with tinfoil or parchment paper. Place pitas (or rolled out pizza crusts) on a cookie sheet in a single layer. Top pitas with a thin layer of sauce, then sprinkle with cheese.

Next, prepare the greens. Remove the stems and tear into bite-sized pieces. Heat the olive oil in a wide, deep sauté pan or pot. Add the greens to the hot oil, turning with tongs or a spoon to coat them with oil. (This will prevent them from discoloring while they cook.) Add the garlic and sauté, mixing with the greens, until fragrant (about 2 minutes).

Top prepared pizzas with greens and bake in the oven until warm and cheese is melted (10 minutes).

Slice and enjoy! Feel free to add additional toppings, especially if you have some fresh veggies from your garden or the market!

\*You can make a simple tomato sauce. Finely dice one small onion, and cook it in a splash of olive oil in a small pot over low heat on the stove. Once onion is fragrant, add in 2-3 cloves minced garlic and a handful of chopped fresh herbs (or 1 tsp dried oregano) and 1 large can or jar of diced tomatoes. Simmer until sauce thickens, about 45 minutes, then spread on pitas/pizza crusts or store in the fridge or freezer until ready to use.

Alternately, a simple basil pesto can be made by blending the following in a food processor until creamy: ¼ cup toasted pumpkin seeds, 3 cups fresh basil leaves, ½ cup olive oil, 2 cloves garlic lightly crushed with a heavy knife handle and peeled, ½ cup freshly grated Parmesan cheese or Romano pecorino cheese, and salt to taste.