

KALE PIZZA



INGREDIENTS

- 1** Whole wheat tortilla **OR** Pita bread **OR** Lavash bread
- 3 T** Olive Oil **OR** Fat Free Italian dressing
- 1** Onion & any other vegetables you like - like mushrooms, peppers
- 2** Garlic Cloves (smashed)
- 2 C** Kale (with ribs & stems removed) (washed, cut into edible size pieces & patted dry)
- 1/4 - 1/2 C** Pizza sauce (amount of sauce depends on the size of your bread)
- 1 C** Low fat Kosher Mozzarella string cheese (grated)
- Non-stick cooking spray

COOKING INSTRUCTIONS

- 1** Spray large saucepan with non-stick cooking spray
- 2** Add the olive oil **OR** Fat Free Italian dressing but leave yourself about a teaspoon
- 3** Saute Onions & any other vegetables you've chosen with garlic in saucepan
- 4** Lightly steam kale in a little water in a 5 qt. pot for 5 minutes or until wilted
- 5** Drain kale & then chop kale into smaller pieces
- 6** Add kale to onion & vegetable mix
- 7** Add any other toppings that don't need to be pre-cooked like olives to the mix
- 8** Preheat oven to 375 degrees
- 9** Place your bread of choice on a cookie sheet & brush with olive oil
- 10** Use a pastry brush & spread some pizza sauce on the bread
- 11** Sprinkle 1/4 C of the string cheese over the sauce
- 12** Now spread your vegetable mix & then the remainder of the string cheese
- 13** Drizzle that teaspoon of olive oil over the cheese
- 14** Bake about 12 minutes or until edges of read become crispy
- 15** Allow pizza to cool for a few minutes & then cut into pieces with a scissors

NOTES

- 1** If you're looking for kale to be the 'star' of the pizza, don't add so many extra toppings
- 2** You can replace the pizza sauce with thin slices of tomatoes

