Genius Kitchen recipe by Roosie for Polenta Pizza Crust Gluten Free
(a taste alike recipe attempt from Capital Creations in Raleigh N.C.)

2 cups polenta
1 cup cold water 1 cup boiling water
2 eggs
1 cup mozzarella grated cheese

on oiled sheet-oven at 450
mix polenta with cold water then drizzle in boiling water mixing continuously
add eggs and cheese, mix well and press with hands onto sheet pan
bake crust only for 5 min to set then top with your choice and bake 5-10min more

Sheila

Pizza Stuffed Mushrooms (vegetarian), Christine Scarlett

Preheat oven to 350 degrees. Remove stems from white and/or Baby Bella mushrooms. Wash and drain off. Spray a baking pan with olive oil and arrange mushrooms, cap side down, and pour a bit of olive oil into each cavity. Bake until heated through. Remove from oven and pour accrued liquid out of each mushroom. Fill the cavities with pizza sauce, homemade or store bought. I used Muir Glen organic. Sprinkle with pepper and pizza (or Italian) seasoning, or dried herbs of your choice. Return to oven for about five minutes to heat through, then remove and top with shredded pizza cheese blend. Place under broiler on low setting just to melt cheese. Remove and top with a garnish. I used Spanish olives, rinsed and cut into halves. A piece of bacon could also work. Top with additional herbs and perhaps some grated Parmesan cheese. Serve soon.
Hummus Pizza

Whole wheat pizza crust from Fresh Thyme Farmers Market on Monroe St.

1c. Hummus

Spinach – handful, chopped

½ c. cherry tomatoes, cut in half

8-10 sliced mushrooms

½ c. artichokes, cut into small pieces

½ c. black olives, sliced

¼ red onion, chopped

2 t. oregano

Layer ingredients on the pizza crust in the order listed, sprinkling with oregano before putting into the oven. Bake at 350 degrees for 20 minutes.

Submitted by

Sharla Cook
Chicken + Sweet Potato Pizza

1 lb. crust (2 c. flour)

* 1 c. roast garlic white sauce

* shredded mozzarella or blend

1 lb. onion sliced (pre cut), sauté til golden

8 oz. Chicken breast, seared, season to taste

* 10 oz. aubergine, browned sweet potato

Layer in oiled pizza pan in order given. Bake 350° 35-45 minutes until golden. 
Opt. green or black olive slices, wilted spinach, roasted red pepper, or walnuts.

* white sauce:

Melt butter, stir in flour, cook 30 seconds. Whisk in milk gradually cooking until thickened. Stir in 3-4 mashed roasted garlic cloves. Cool before topping pizza adding spoonfuls around to spread.


I do this gluten-free, no kneading.
Cauliflower Breadsticks ★★★★★ 5 from 3 reviews

Cauliflower Breadsticks Recipe made with homemade or store bought riced cauliflower, egg whites or eggs, and cheese for a low carb cauliflower bread recipe that is foolproof with step by step instructions.

Author: ifoodreal.com  Prep Time: 7 minutes  Cook Time: 30 minutes  Total Time: 37 minutes  Yield: 12 servings
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Ingredients

- 1 large head of cauliflower (7" – 8" wide and 3-3.5 lbs) or 1 bag of store bought cauliflower rice
- 1/4 cup egg whites or 2 large eggs
- 1/2 cup + 3/4 cup (for topping) Mozzarella/Tex Mex cheese, shredded
- 1 tsp Italian seasoning (dried oregano or basil)
- 1/4 tsp ground black pepper
- Pinch of salt
- Marinara sauce, for dipping
- Cooking spray (I use Misto)*

Instructions

1. Preheat oven to 375 degrees F. Rinse cauliflower, remove outer leaves and separate into florets with a paring knife. Place cauliflower florets in a food processor and process until “rice” texture. Some coarse chunks are fine.
2. Place in an ovenproof baking dish (I used Pyrex pie dish) and bake for 20 mins. Remove cooked cauliflower from the oven and transfer to a bowl lined with a tea/linen towel. Let the cauliflower cool down a bit until it is safe to touch, about 15 minutes.
3. Fold the towel holding by the ends and squeeze the liquid out of the cauliflower “ball” as hard as you can. Be patient and do this a few times until barely any liquid comes out. I squeezed out 1 cup of liquid.
4. Increase oven T to 450 degrees F. Transfer cauliflower to a mixing bowl along with egg whites, 1/2 cup cheese, herb seasoning, black pepper, pinch of salt and mix to combine.
5. Transfer cauliflower mixture onto the baking sheet lined with unbleached parchment paper. Flatten with your hands into a rectangle, approximately 9" x 7" size and 1/4" thick.
6. Bake for 18 minutes, remove from the oven and top with remaining 3/4 cup cheese. Bake for another 5 minutes and then broil until cheese turns golden brown. Cut into 12 breadsticks and serve hot with warm marinara sauce, if desired. P.S. For a lighter version, do not top with cheese.

Store: Refrigerate covered for up to 2 days. You can also freeze the breadsticks tightly wrapped in plastic, for up to 1 month. Thaw on a counter or in a microwave.

Notes: *Some people have reported their cauliflower breadsticks sticking to parchment paper, so if in doubt - spray with cooking spray. Mine didn’t.

Nutrition Facts - Serving Size 1 breadstick - Serves 12

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Vitamin A 0%
Vitamin C 57%

April 2018
Roasted Asparagus Ricotta Tart

1 sheet frozen puff pastry, thawed
1 egg
1 cup ricotta cheese
1 lemon
2 scallions, chopped
¼ cup fresh flat-leaf parsley, chopped
1 Tbsp. fresh tarragon, chopped
12 oz. asparagus, trimmed, halved
1 Tbsp. olive oil
¾ tsp. salt and pepper

1. Heat oven to 425 F. Place oven rack in lower 1/3 of the oven. Unfold the pastry onto a piece of parchment paper and roll ⅛ inch larger on each side. Slide parchment and pastry onto baking sheet.
2. In medium bowl, beat egg with a fork. Lightly brush ⅛ inch border around the pastry sheet. Add ricotta, salt and pepper with the remaining egg. Finely grate zest of lemon and stir into ricotta mixture. Fold in scallions and tarragon.
4. Bake 18-20 minutes until crust is golden brown.

Peggy Fuller
Cheeseburger Pizza

Prep Time: 10 min.
Cook Time: 15 min.
Servings: 4

Ingredients:
- 1 roll refrigerated pizza dough (or homemade dough for one 12" pizza)
- 1/2 lb. lean ground beef
- 1/4 c. sliced onion
- 1 clove garlic
- 1 c. pizza sauce
- 4 slices bacon, cooked & chopped
- 1 c. shredded mozzarella cheese
- 1 c. shredded cheddar cheese
- 2 T + 2/4 c. barbecue sauce
- 1/4 c. sliced red onion
- Mustard & pickles for garnish (optional)

Directions:
1. Preheat oven to 400°
2. Unroll dough onto parchment-paper lined pan & bake 8-10 min. until lightly browned
3. Meanwhile, brown meat, onion & garlic until no pink remains. Drain any fat. Add in 2 T barbeque sauce & cook until thickened (about 3 min.)
4. Spread pizza sauce over dough. Top w/ ground beef & mozzarella.
5. Add onions, bacon & cheddar. Drizzle w/ remaining BBQ.

6. Turn oven up to 450°. Bake an additional 5-8 min. or until cheese is bubbly.

7. Top w/ mustard & pickles (optional)