

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 ^{by Hoffman}

1 lg. crust (2c. flour)

* 1 c. roasted garlic white sauce

1 # shredded mozzarella or blend

1 lg. onion sliced (pole cut), saute til golden

8 oz. chicken breast, seared, season to taste

* 10 oz cubed, browned sweet potato

Layer in oiled pizza pan in order given.

Bake 375° 35-45 minutes until golden.

Opt. green or black olive slices, wilted spinach,
roasted red pepper, or walnuts.

* White sauce: 2T butter, 2T flour, c. milk

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.

* Microwave 1-1 1/2 minutes. Cool & peel. Slice in

long cuts. Brown in oiled skillet. Cool. Cut

in cubes.

I do this gluten free! No kneading.

Tricia

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

Recipes and images are a copyright of ifoodreal.com

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

Amount Per Serving	
Calories	51
% Daily Value*	
Total Fat 2.3g	4%
Cholesterol 6.5mg	2%
Sodium 137.5mg	6%
Total Carbohydrate 4.8g	2%
Sugars 1.9g	
Protein 4.6g	9%
Vitamin A0%	
Vitamin C57%	

4 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
¼ 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 ½ inch larger on each side. Slide parchment and pastry onto baking sheet.
2. In medium bowl, beat egg with a fork. Lightly brush ½ 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.
3. Spread ricotta mixture onto pastry, leaving ½ inch border uncovered. Top with asparagus. Drizzle with olive oil.
4. Bake 18-20 minutes until crust is golden brown.

Peggy Fuller

Cheeseburger Pizza

Lauren Kuhr

Prep Time: 10 min.

Cook Time: 15 min.

Servings: 4

Ingredients:

- 1 roll refrigerated pizza dough (or homemade dough for one 12" pizza)
- $\frac{1}{2}$ lb. lean ground beef
- $\frac{1}{4}$ c diced 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 + $\frac{1}{4}$ c barbecue sauce
- $\frac{1}{4}$ c sliced red onion
- mustard & pickles for garnish (optional)

Directions:

1. Preheat oven to 400°
2. Unroll dough into parchment lined pan & bake 8-10 min. until lightly browned
3. Meanwhile, brown beef, onion & garlic until no pink remains. Drain any fat. Add in 2 T bbq 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
66g.
6. Turn oven up to 450°. Bake an additional 5-8 min. or
until cheese is bubbly.
7. Top w/ mustard & pickles (optional)