

# Pizza and Salad

It's Pizza Friday! (You may have 2/3 C. of leftover Marinara Sauce. If not, make some.) Prepare your own pizza dough early in the day (Tips and Timesavers) or use a frozen, premade crust. I've even purchased frozen or chilled bread dough which also works for pizza.

Use "Field Roast" Apple Sausage (or equivalent) or optional meat sausage. Everyone's going to be happy with this meal!

**Preparation time: 40 minutes - Servings: 2**

## Organize Your Ingredients!

### Notes on Organizing

Prep and organize ingredients before you start assembling. It's nice to have everything at your fingertips. There are two onion preps: 1/2 C. chopped for the marinara sauce and 1/3 C. sliced for the pizza. The marinara sauce uses a total of 1-2/3 C. red wine and 4 cloves of chopped garlic.

### Marinara Sauce

1 tsp. olive oil  
4 cloves garlic (smashed and chopped)  
1/2 C. red wine  
1/2 C. yellow onion (chopped)

one 15 oz. can no-salt diced tomatoes  
one 15 oz. can regular tomato sauce  
another 1/2 C. red wine

2 T. dry basil leaves  
1 T. dry oregano leaves  
a few dashes Tabasco sauce

1 tsp. olive oil  
1/2 of the chopped garlic (from above)  
another 2/3 C. red wine

### Salad and Dressing

#### Fixings for a green salad

#### Il Semplico Dressing:

3 T. extra-virgin olive oil  
1/2 tsp. prepared mustard  
2 T. rice wine or white vinegar  
3 T. low-sodium vegetable broth  
pinch of salt

### Sausage and Pizza Sauce

#### Sausage:

1 package plant-based sausage (Field Roast Apple Sausage or equivalent - you'll use 1 sausage tonight)

-or-

1 cooked Italian sausage of choice

#### Pizza Sauce:

2/3 C. Marinara Sauce

2 T. shredded Parmesan cheese

### Crust and Toppings/Dressing

#### Crust:

1 homemade crust (Tips and Time Savers)

-or -

one 12" frozen pizza crust

#### Toppings:

1 tsp. olive oil  
8 cremini mushrooms (washed and sliced)  
1/3 C. yellow onion (thin-sliced)  
1/2 C. red bell pepper (chopped)  
4 pitted Kalamata olives (chopped)  
1/3 C. shredded Parmesan cheese

Preheat oven to 425°!

## Let's Prepare, Cook, and Plate This!

### Basic Assembly Instructions.

Once you've made homemade marinara sauce, you're good to go.

### Marinara Sauce

1. Toss 1/2 of the chopped garlic in olive oil over medium-high heat until garlic starts to turn golden brown. Add 1/2 C. red wine and bring to boil. Cook 1 minute.
2. Add onion and toss until wine is almost gone.
3. Add tomato sauce (rinse cans with additional second 1/2 C. red wine and add to sauce.)
4. Add spices and Tabasco. Bring to boil. Cover, reduce heat to low and cook 10-minutes.
5. Using a separate sauté pan, brown remaining chopped garlic in oil. Add another 2/3 C. wine, bring to a boil, cook for about a minute and turn off heat.
6. Add this additional wine and garlic to the large pan. Stir well and remove from burner.

### Sausage and Pizza Sauce

#### Field Roast Apple Sausage or Optional Meat Sausage:

Remove plastic casings from Field Roast sausages and slice sausages in half lengthwise before cooking. Brown on the stovetop. Allow to cool slightly and cut one sausage into thin half rounds for use on pizza.

Optional Meat Sausage: Brown before slicing or adding to the pizza toppings.

Pizza Sauce: Measure 2/3 C. marinara sauce into a medium-sized bowl. Stir 2 T. shredded Parmesan into the sauce. Cover and microwave on high for 3 minutes. Stir well and set aside.

#### Crust:

### Crust and Toppings

A homemade crust simply gets shaped and placed on a pizza pan. Arrange toppings over crust.

If using a frozen crust, first place crust directly on oven rack in center of a preheated 425° oven and bake 3 minutes. (Set a timer so you don't forget.) Remove crust from oven and place on a lightly-oiled pizza pan or cookie sheet. Arrange toppings over crust.

#### Toppings:

1. Brown sliced mushrooms in oil in a sauté pan. Set aside.
2. Spread pizza sauce on crust and arrange all topping items (including mushrooms) over sauce.
3. Cover with 1/3 C. shredded Parmesan. Return to the oven for 12-14 minutes or until pizza crust is brown around the edges.
4. Remove pizza from oven. Cut into 8 wedges while hot. Let cool a few minutes before dining.

### Salad and Dressing

Make Salads and dressing while pizza cooks. Simply shake dressing ingredients together in a container with a tight fitting lid. Serve salads on the side.

### What I've Learned from this Recipe

You may wonder why I slice Field Roast sausages lengthwise and brown them before using them in recipes? When they're browned, the additional caramelization on the exposed surfaces really enhances the flavor.

Let us know what you think, and ask any questions you may have! [chezdon@plate6.com](mailto:chezdon@plate6.com)