

Fried Apple/Gorgonzola Pizza and Salad

Hey, it's Friday night! And what is a favorite Friday night fare? Pizza!! White, Fried Apple, Gorgonzola Pizza to be precise. After tasting this pizza, your memory bank will be saving this pizza recipe for future dates. Many happy returns.

You'll have leftover white sauce for later in the week.

Preparation time: 45 minutes - Servings: 2

Organize Your Ingredients!

Notes on Organizing

Prep and organize ingredients before you start assembling. It's really nice to have everything ready to go as you begin to assemble your pizza. You'll have 2 onion preps: 1/4 C. of finely chopped yellow onion for the white sauce and 4 thin slices of red onion for the pizza.

Basic White Sauce

1 C. boiling water
1 /2 cube Not Chick'n bouillon

2 cloves garlic (smashed and chopped)
1 tsp. olive oil
1/4 C. white wine
1/4 C. yellow onion (finely chopped)
1 C. bouillon broth (from above)
1/2 C. low-sodium vegetable broth
2 tsp. dry oregano leaves
1 tsp. dry basil leaves
a dash Tabasco sauce
2 T. cornstarch
dissolved in
2/3 C. milk

Fried Apples

1/2 of a tart apple (cored and thin-sliced)
1 tsp. olive oil

Plant-based or Optional Meat Sausage

Plant-based Sausage: 1 Field Roast Apple Sausage or equivalent

Optional Meat: 1 Italian turkey sausage

Pizza

1 frozen, pre-made pizza crust

Pizza Sauce:

1/2 C. Basic White Sauce
2 T. crumbled Gorgonzola cheese
1/4 C. plain, non-fat yogurt (stirred smooth)

Pizza Toppings:

4 thin-slices red onion (slices halved)
1 browned and sliced Italian sausage
chopped fried apples (prepared earlier)
3 T. shredded Parmesan cheese

Final Garnish: 1/2 C. fresh arugula

Salad and Dressing

Fixings for a green salad

!! Simplicio Dressing:

3 T. extra-virgin olive oil
1/2 tsp. prepared mustard
2 T. rice wine or white vinegar
3 T. Not Chick'n broth
pinch of salt

Preheat oven to 425°!

Let's Assemble and Bake this Pizza!

Basic Assembly Instructions.

Boil 1 C. water to dissolve 1/2 of a bouillon cube.

Basic White Sauce

1. Dissolve a 1/2 of a bouillon cube in 1 C. of boiling water.
2. Toss chopped garlic in oil over medium-high heat until garlic becomes fragrant. Add wine to the pan and bring to a hard boil. Add onion and toss until wine is almost gone.
3. Add bouillon and vegetable broth, spices and Tabasco. Cover, reduce heat to low. Cook 5 minutes.
4. Thicken with cornstarch mixture. Cook over low heat 5 minutes.
5. Measure 1/2 C. basic white sauce for tonight and store the remainder in the fridge.

Field Roast Apple Sausage:

Plant-based or Optional Meat Sausage

Remove plastic sausage casing from Field Roast Sausage. Slice sausage link in half lengthwise before cooking. Brown on the stovetop. Allow to cool slightly and cut into thin half rounds for the pizza.

Optional Italian Turkey Sausage:

Brown one meat sausage. Allow to cool and slice into thin rounds to place over top of pizza.

Fried Apples

Brown apple slices in 1 tsp. oil.

Remove from heat and set aside. Cut apples into bite-size pieces before sprinkling over pizza.

Pizza

1. Before you put anything on the frozen premade crust, place it 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.
2. Add Gorgonzola and yogurt to 1/2 C. white sauce and spread sauce on crust.
3. Arrange onion, sausage and apples over sauce. Sprinkle with shredded Parmesan. Return to the oven for 12-14 minutes, or until pizza crust is light brown around the edges.

Salads and Dressing/Serve

1. Make Salads and dressing while pizza cooks. Simply shake dressing ingredients together in a container with a tight fitting lid.
2. Remove pizza from oven. Sprinkle top with arugula. Cut into 8 wedges while hot. Let cool a few minutes before dining. Serve the sliced pizza family-style with 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 I use 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!