

White Pizza and Salad

You'll have happy diners tonight! A unique and delicious white pizza is on the menu! Make a basic white sauce. Then prepare pizza with roasted new potato slices, browned Field Roast Apple Sausage, red onion, and Gorgonzola cheese. While the pizza cooks, throw together a green salad and dressing.

For convenience, I've suggested using a frozen crust. However, feel free to make your own crust (See Tips and Time Savers). It takes about 10 minutes to assemble the dough but allow a couple of hours to let it rise. This recipe makes one 12" pizza. Extra homemade dough can be frozen.

Preparation time: 45 minutes - Servings: 2

Organize Your Ingredients!

Notes on Organizing

Prep and organize ingredients before you start assembling. There are 2 onion preps today: 1/4 C. chopped yellow onion for the Basic White Sauce and 1/2 C. sliced red onion for the White Pizza. If using frozen crust, no need to thaw first.

Potatoes

1 tsp. olive oil
5 small red potatoes (washed and sliced into 1/4" rounds)

Basic White Sauce/Pizza Sauce

White Sauce

2 C. boiling water
1 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)

1-1/4 C. bouillon broth (from above)
2 tsp. dry oregano leaves
1 tsp. dry basil leaves
a dash Tabasco sauce
2 T. cornstarch dissolved in
2/3 C. milk
3 T. shredded Parmesan cheese

2 T. plain, non-fat yogurt (stirred smooth)

Plant-based Choice or Optional Meat

Plant-based Choice:

1 cooked plant-based sausage (Field Roast Apple Sausage or equivalent)

- or -

Optional Meat Sausage:

1 cooked Italian turkey sausage

White Pizza

Pizza and Toppings:

1 pre-made 12" frozen pizza crust
cooked potato rounds (prepared earlier)
sausage (prepared earlier)
1/2 C. red onion (thin slices/slices halved)
2 T. shredded Parmesan cheese
3 T. crumbled Gorgonzola or blue cheese
1/3 C. arugula leaves

Salad/Dressing

Fixings for a green salad

Il 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 (made for sauce)
pinch of salt

Preheat oven to 425°!

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions.

Start by placing sliced potatoes on an oiled cookie sheet and baking them 10 minutes per side in 425° oven. Remove from oven and cool slightly before adding to the pizza.

Plant-based Choice:

Remove plastic casings if using Field Roast sausage. Slice link in half lengthwise before cooking. Brown on all sides and allow to cool slightly. Cut 1 sausage into thin half rounds for use on pizza.
- or -

Optional Meat Sausage:

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

Basic White Sauce/Pizza Sauce

1. Dissolve a bouillon cube in 2 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. Measure and add 1-1/4 C. bouillon broth, oregano, basil and Tabasco. Cover, reduce heat to low. Cook 5 minutes.
4. Thicken with cornstarch mixture. Cook over low heat 5 minutes. Stir in Parmesan.

Pizza Sauce: Measure 2/3 C. basic white sauce into a bowl. Cover and microwave on high for 45 seconds. Stir in 2 T. plain, nonfat yogurt. Set aside.

White Pizza

1. Before you put anything on the crust, place frozen pre-made 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. This step is not necessary if you're using homemade pizza crust.
2. Spread pizza sauce on crust and arrange cooked potatoes, sliced red onions and sausage over sauce.
3. Sprinkle with shredded Parmesan and Gorgonzola (or blue) cheese. Return to the oven for 10-12 minutes, or until pizza crust is light brown around the edges. Remove from oven, sprinkle with Arugula leaves and serve.

Salad/Dressing/Serve

1. Make green salads and dressing while pizza cooks. Choose your choice of salad fixings. Shake dressing ingredients together in a container with a tight fitting lid.
2. Cut pizza 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 first when 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