

# White Pizza and Salad

White Pizza and salad are on the menu for tonight's dinner! You should have about 1/2 C. of white sauce left over from Monday's meal. If not, you can make some.

This terrific white sauce pizza is topped with thin-sliced apple sausage, red bell peppers, browned mushroom slices and shredded Parmesan cheese.

It's Pizza Friday!

**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 at your fingertips as you begin to cook. Today prep a total of 1 C. of onion: 1/2 C. chopped for the white sauce (if you're making white sauce) and 1/2 C. thin-sliced for the pizza.

### White Sauce **Basic 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  
1/2 C. white or 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

### **Sausage and Pizza Sauce**

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

### Pizza Sauce:

2/3 C. Basic White Sauce  
2 T. plain, non-fat yogurt (stirred smooth)

### **Pizza and Toppings/Salad/Dressing**

#### Pizza and Toppings:

1 pre-made 12" frozen pizza crust

1 tsp olive oil  
8 cremini mushrooms (sliced)

1 browned field roast apple sausage (from above)  
1/2 C. yellow or sweet onion (thin-sliced)  
2/3 C. red bell pepper (chopped)  
1/4 C. shredded Parmesan cheese  
optional: arugula leaves

#### 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. low-sodium vegetable broth  
pinch of salt

Preheat oven to 425°!

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

### Basic Assembly Instructions.

Begin by boiling 2 C. water in a tea kettle.

### Basic White Sauce

#### Basic White 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. 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 3 T. Parmesan.

### Sausage and Pizza Sauce

#### Field Roast Apple Sausage:

Remove plastic casing and slice sausage link lengthwise before cooking. Brown, allow to cool slightly and cut into thin half rounds for use on pizza.

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

### Pizza and Toppings/Salad/Dressing

1. 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.
2. Brown mushrooms in oil and remove from heat.
3. Spread pizza sauce on crust and arrange browned mushrooms and sausage. Arrange onion and bell pepper over sauce.
4. Sprinkle with shredded Parmesan cheese. Return to the oven for 12-14 minutes, or until pizza crust is light brown around the edges.

#### Salad and Dressing:

5. Make green salads and dressing while pizza cooks. Salad ingredients are your choice. Shake dressing ingredients together in a container with a tight fitting lid. Remove pizza from oven. Sprinkle top with arugula. Cut into 8 wedges while hot. Let cool a little before dining.
6. 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! [chezdon@plate6.com](mailto:chezdon@plate6.com)