

Winter Pizza

Makes 8 slices (2 per serving)



This pizza is incredible! Actually, it's more than a pizza because it celebrates the beauty of winter produce! There are 4 parts to this pizza, so there are a lot of ingredients, but they are common and you probably already have them in your kitchen! This recipe is very job-friendly because it can be prepared ahead of time and assembled by the slice on the spot.

ESTIMATED RECIPE COST*

| INGREDIENT | AMOUNT | PRICE |
|------------------------|-------------|-------------|
| apples | 2 medium | \$0.75 |
| butternut squash | 2 cups | \$2.00 |
| apple cider vinegar | 2 tbsp | <\$0.10 |
| sea salt | 1 tsp | <\$0.05 |
| golden flaxseeds | 3/4 c | <\$0.50 |
| extra virgin olive oil | 5 tbsp | \$1.00 |
| raw cashews | 1 1/2 c | \$3.00 |
| lemon juice | 1 whole | \$0.35 |
| almond milk | 7-9 tbsp | \$0.50 |
| cayenne powder | 1-2 pinches | <\$0.05 |
| sun-dried tomatoes | 13 | \$2.00 |
| Italian Herbs | 2 tsp | <\$0.05 |
| nutritional yeast | 2 tbsp | <\$0.50 |
| tomatoes | 1-2 med | \$0.50-1.00 |
| collard greens | 10 med | \$2.00 |
| balsamic vinegar | 4 tbsp | \$0.25 |
| mushrooms | 10 | \$2.00 |
| garlic | 4 cloves | <\$0.40 |

TOTAL COST \$16.00-16.50

Price per Slice: \$2.00-2.06

*Based on prices the author paid to make the recipe.

Ingredients

Crust:

- 2 medium apples (sweet variety like Fuji)
- 2 cups butternut squash (~2/3 of a whole squash)
- 2 tbsp apple cider vinegar (or balsamic vinegar)
- 1/2 tsp sea salt
- 3/4 c golden flaxseeds, whole
- 3 tbsp extra virgin olive oil

White Sauce:

- 1 1/2 c raw cashews
- 3 tsp lemon juice
- 7-9 tbsp almond milk (or water)
- 1-2 pinches cayenne powder
- 2 tsp extra virgin olive oil
- 2 pieces sun-dried tomato
- 2 tsp Italian herbs, dried
- 2 tbsp nutritional yeast (optional)

Tomatoe Sauce:

- 1-2 medium tomatoes (fresh or frozen)
- 6 pieces sun-dried tomatoes (add more if you like)

Nutrition Information Per Slice (% of Daily Value - Based on 2,000 Daily Calorie Intake)

| | | | | | | | | | |
|---------------|------|-------------|-----|------------|------|-----------|-----|-----------|------|
| Dietary Fiber | 40% | Vitamin B6 | 75% | Thiamin | 105% | Iron | 13% | Manganese | 40% |
| Protein | 15% | Vitamin B12 | 16% | Riboflavin | 84% | Sodium | 14% | Vitamin K | 304% |
| Vitamin A | 139% | Vitamin E | 23% | Niacin | 49% | Potassium | 21% | Copper | 24% |
| Vitamin C | 51% | Folate | 28% | Calcium | 14% | Zinc | 8% | Selenium | 14% |

NOTE: Nutrition information are estimates only. Nutrition information was estimated using Now You Are Cooking! Version 5.85 software, a program that utilizes the United States Department of Agriculture Nutrition Database.

| | |
|---------|---------------|
| 1 tsp | Italian Herbs |
| 1 tbsp | olive oil |
| 1 pinch | salt |

Collard Topping:

| | |
|----------|---|
| 10 large | collard leaves |
| 4 tbsp | balsamic vinegar |
| 10 | crimini mushrooms (or white button or 2 portobello mushrooms) |
| 4 cloves | garlic |
| 8 pieces | sun-dried tomatoes |
| | sea salt to taste |
| 2 tbsp | olive oil |

Tips to Reduce Recipe Cost

- Simply, leave out the tomato sauce to save \$2-3!
- Substitute the collard topping with a vegetable topping of your own. Try replacing the collard greens with another hardy winter green like kale or mustard greens.
- Buy the butternut squash from a local farm. If you can find a giant squash, peel, cube, and store it in your freezer.
- Substitute the butternut squash for another squash variety, yam, or sweet potato. Even try adding carrots or beets.

Items Needed: High-speed blender or food processor, dehydrator

Instructions

Crust:

Peel and cube the apples and butternut squash. Blend the apples using a food processor or high-speed blender until liquefied. Add up to 1/4 cup of water to help the apples blend. Now, add the butternut squash, sea salt, and vinegar and blend until the liquefied. This may take 1-3 minutes in a food processor. Place mixture into a large bowl. Grind the flaxseeds into a powder using a coffee grinder or high-speed blender. Add the ground flaxseeds to the mixture and mix well with a whisk or large spoon. Allow the mixture to sit for 5-10 minutes. Add the oil and mix well. Spread the mixture onto one 14x14-inch Texflex sheet and dehydrate at 105 degrees. After 12 hours, turn the crust over and remove the Texflex sheet. Score the crust into slices with a sharp knife, and return it back to the dehydrator to dry for 24 more hours. Break the crust into 8 slices.

White Sauce:

Soak the cashews for 6-8 hours or overnight. After the cashews have soaked, blend them in a strong blender or food processor, adding almond milk or water one tablespoon at a time to help it blend. Be careful not to add too much liquid. Blend until very smooth. Add the remaining ingredients and blend until smooth and creamy.

Tomato Sauce:

Blend all of the ingredients in a food processor or blender until smooth.

Collard Topping:

Layer the collard leaves on top of each other, roll them into a burrito, and cut them into very thin slices. To avoid long strips, cut the collards again. Place the sliced collards into a large bowl, and add a few pinches of salt and 2 tbsp of balsamic vinegar. Mince the garlic and sun-dried tomatoes, and add to the collards. Slice the mushrooms and place into a small bowl. Mix the mushrooms with 2 tbsp of balsamic vinegar, and allow it to sit for 5 minutes. Add the mushrooms to the collards and mix well. Pour on the olive oil and mix. Salt to taste.

To optimize your pizza experience, assemble it right before you are ready to serve it. Take a slice of the crust, spread the white sauce on top, add several small spoonfuls of marinara, and top it with the collards. Enjoy!