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**MEATLESS
MONDAY**SM

pizza collection

10
recipes



from top
cookbook
authors



ANNIE RIGG



DAWN JACKSON BLATNER



DINA CHENEY



ELLIE KRIEGER



JOE YONAN



KIM O'DONNELL



MARK BITTMAN



PETER BERLEY



SARAH COPELAND



SHARON PALMER

THE MEATLESS MONDAY PIZZA COLLECTION

10 Recipes from Top Cookbook Authors

Pizza is the essence of simplicity. Originating in Naples, Italy, over 200 years ago, modern marinara pizza was—and remains—little more than flat bread topped with fresh tomatoes, oregano, garlic and olive oil. It doesn't get any easier.

Brought to America by the first wave of Italian immigrants around 1900, pizza's popularity soared after World War II as soldiers returning from Italy brought their love for the simple tomato pie to hometowns across America.

But in the decades since, American pizza diverged from the original Neapolitan concept of lightness; simply dressed flat breads gave way to thick pies layered with salty, greasy cheese and processed meats. Pizza has become junk food, often cited as a contributor to the country's pressing health crisis.

Meatless Monday wants to inspire you to reclaim pizza's simple roots. With bread as your plate and fresh ingredients as your guide, we've collected 10 tempting, meatless pizza recipes from some of the country's most respected cookbook authors. So discover your inner pizzaiolo! Make one of these delicious pies for your next Meatless Monday, and even the meat lovers in your family will be asking for another slice.

Why Meatless? It's good for your health. It may help:

- Limit cancer risk
- Reduce heart disease
- Fight diabetes
- Curb obesity
- Improve your diet

It's good for the environment:

- Reduce your carbon footprint
- Minimize water usage
- Help reduce fossil fuel dependence

Why Monday?

It's the perfect time for a fresh start. Research shows people are more likely to eat healthy, quit smoking and start exercise regimes on Monday than any other day. A Monday start also helps people uphold their healthy intentions for the week.

How to go Meatless Monday

- Take the Meatless Monday Pledge
- Tell your friends, family and work mates about Meatless Monday
- Encourage your town, school, club or cafeteria to go meatless on Mondays



Photo by Simon Walton

ANNIE BELL'S ASPARAGUS TART

Recipe by Annie Bell for *The Meat Free Monday Cookbook*, edited by [Annie Rigg](#).

INGREDIENTS {SERVES 4}

- 1 lb. finger-thin asparagus spears
- 8 oz. puff pastry
- $\frac{2}{3}$ cup crème fraîche
- $\frac{1}{2}$ teaspoon Dijon mustard
- 2 tablespoons freshly grated vegetarian Parmesan
- 2 medium organic egg yolks
- Sea salt and freshly ground black pepper

RECIPE

Preheat the oven to 400°F. Bring a large pan of salted water to a boil. Cut the asparagus spears where they begin to become woody. Add to the pan, bring back to a boil and cook for 4 minutes. Drain and refresh in cold water. Remove and dry on a clean towel.

Roll the pastry thinly into a rectangle 16 by 8 inches and trim to neaten the edges—if you don't have a baking sheet large enough, adjust the dimensions accordingly. Lay the pastry on the baking sheet. Blend the crème fraîche, mustard, Parmesan, 1 beaten egg yolk, and seasoning together in a bowl. Spoon this cream over the pastry, leaving 1 inch of pastry clean around the borders. Place the asparagus on top in a single layer. Beat the remaining egg yolk and paint the pastry borders. Bake the tart for 30 minutes.

Serve 5 minutes out of the oven, although it is excellent cold.



Annie Rigg is the editor of *The Meat Free Monday Cookbook: A Full Menu for Every Monday of the Year* with Foreword by Paul, Stella and Mary McCartney. Rigg is a best selling author, freelance food stylist and recipe writer. As a food stylist, she freelances for the best cookbook publishers and photographers and works with chefs and writers.

Nutrition Info per serving: 467 calories. 34g total fat. 12g saturated fat. 127mg cholesterol. 240mg sodium. 32g carbohydrates. 3g fiber. 12g protein.



DAWN JACKSON BLATNER'S GRIDDLE SUPER PIZZA

Recipe by [Dawn Jackson Blatner](#), RD, author of *The Flexitarian Diet*. It appears in her upcoming book.

INGREDIENTS {SERVES 1}

Crust:

1/3 cup chickpea flour
1/3 cup water
1 teaspoon oil
1/8 teaspoon sea salt
Cooking spray

Toppings:

1/4 cup marinara sauce
1/4 cup chopped fresh spinach
1/4 cup shredded mozzarella
1/4 cup quartered cherry tomatoes
1/8 teaspoon oregano

RECIPE

Whisk flour, water, oil and salt together until smooth.

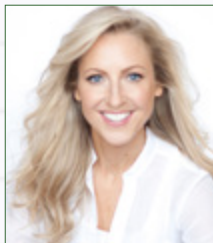
Pour batter onto hot griddle misted with cooking spray.

Heat each side for 4-5 minutes (until crust starts to brown).

Flip crust once more and top with marinara sauce, spinach, cheese, tomato and oregano.

Heat for 3 minutes or until cheese melts.

OPTIONAL: Double ingredients to make two personal 8 inch pizzas.



Dawn Jackson Blatner is a registered dietitian and certified specialist in sports dietetics. She is the author of *The Flexitarian Diet*, recently ranked a top plant-based diet by *US News & World Report* and top 10 most Googled diets. When she's not traveling the world sharing her nutrition philosophy, you can find Dawn in her hometown of Chicago...counseling clients in her downtown office, at a farmers' market feeling up produce for freshness, in the kitchen testing out new recipes or jogging to pop music. She is the creator of the inspirational Nutrition WOW weekly eblast. To learn more visit: DawnJacksonBlatner.com.

Nutrition Info per serving: 280 calories. 14g total fat. 5g saturated fat. 20mg cholesterol. 550mg sodium. 26g carbohydrates. 5g fiber. 15g protein.



Photo by Kate Sears

DINA CHENEY'S PIZZA WITH ZUCCHINI & SMOKED MOZZARELLA

Recipe by [Dina Cheney](#) appears in her book *Meatless All Day*, published by The Taunton Press, 2014.

INGREDIENTS {SERVES 4-6}

- About ¼ cup plus 1 tablespoon extra virgin olive oil, divided
- 20oz. refrigerated or frozen and thawed pizza dough, white or whole wheat
- 1 large zucchini, trimmed and thinly sliced on the bias
- ¼ teaspoon ground fennel seed
- ¼ teaspoon dried oregano
- ¾ teaspoon coarse salt, divided
- ⅛ teaspoon crushed red pepper flakes
- 9 grinds black pepper, divided
- ¼ cup plus 1 tablespoon tomato paste
- ¾ cup plus 2 tablespoons strained canned tomatoes
- ½ tablespoon finely chopped garlic
- 1 tablespoon finely chopped fresh oregano leaves
- 1 lb. smoked mozzarella, thinly sliced
- Chile oil, for drizzling (optional)

RECIPE

Very lightly oil the inside of a medium-sized bowl with about ½ tablespoon oil, then place the dough ball inside it. Cover with a dishtowel and let sit for 1 to 2 hours.

Meanwhile, heat 2 tablespoons oil in a 10 inch, heavy, nonstick sauté pan, and heat over medium high. When hot, add the zucchini slices, fennel, dried oregano, ¼ teaspoon salt, the red pepper flakes, and 4 grinds pepper; sauté until tender, about 6 minutes, then set aside off the heat.

To make the sauce, add the tomato paste, strained tomatoes, garlic, fresh oregano, ½ teaspoon salt, 5 grinds pepper, and 2 tablespoons olive oil to the bowl of a food processor or a blender. Purée until smooth, about 30 seconds. (You should yield about 1¼ cups sauce.)

Heat the oven to 500°F. Lightly grease a baking sheet with ½ tablespoon oil. Place the dough on top and use your fingers to stretch it into a 16 inch round or large rectangle. Pour the remaining oil from the bowl on top and spread it over the dough with your fingers. Spread sauce evenly on top of the dough, leaving a ½ inch border on all sides (if you prefer your pizza saucy, use all of the sauce). Top evenly with the mozzarella and zucchini. Bake until the cheese melts and the dough is cooked through, about 10 minutes. Serve, drizzled with chile oil, if desired.

Serving Suggestions: Offer garden salad or sautéed corn alongside and sliced peaches with zabaglione for dessert.



Dina Cheney is the author of *Tasting Club* (DK, 2006), *Williams-Sonoma; New Flavors for Salads* (Oxmoor House, 2009), *Year-Round Slow Cooker*; *100 Favorite Recipes for Every Season* (The Taunton Press, 2013), and *Meatless All Day; Recipes for Inspired Vegetarian Meals* (The Taunton Press, 2014). She writes regularly for *Everyday with Rachael Ray*, *Parents*, *Specialty Food*, and *Clean Eating*, and has contributed to *Fine Cooking*, *Coastal Living*, *The Huffington Post*, and more. Dina has also conducted over 45 tastings and talks nationwide and taught more than 100 cooking classes. She graduated from Columbia College, Columbia University and the Institute of Culinary Education Career program.

Nutrition Info per serving: 513 calories. 28g total fat. 11g saturated fat. 40mg cholesterol. 957mg sodium. 47g carbohydrates. 5g fiber. 25g protein.



ELLIE KRIEGER'S PIZZA STRUDEL

Recipe by [Ellie Krieger](#), RD, appears in her book *Weeknight Wonders: Delicious Healthy Dinners in 30 Minutes or Less*, published by Houghton Mifflin Harcourt, 2014.

INGREDIENTS {SERVES 4}

- 3 cups lightly packed baby spinach leaves
- 4 oz. part-skim mozzarella cheese (1 cup shredded)
- 6 sun-dried tomato halves
- 8 fresh basil leaves
- 1 large ripe tomato
- 1 tablespoon cornmeal
- ½ lb. whole-wheat pizza dough, thawed if frozen
- Cooking spray
- ¾ cup part-skim ricotta cheese
- 1 large egg white

RECIPE

Preheat the oven to 450°F.

Finely chop the spinach and shred the mozzarella. Finely chop sun-dried tomatoes and cut the basil into ribbons. Slice the ripe tomato into thin half-moons.

Sprinkle a work surface with the cornmeal. Using your hands and/or a rolling pin, stretch the dough into a 10 by 16 inch rectangle. Spray a baking sheet with cooking spray and transfer the dough.

Spread the ricotta along the middle of the dough, leaving a 3 inch border on each long side and a ½ inch border on the top and the bottom. Sprinkle the spinach and sun-dried tomatoes over the cheese. Arrange the tomato slices on top, then top with the mozzarella and basil. Whisk the egg white and brush it along each side of the dough. Fold the two short sides of the dough over the filling then roll the whole thing up lengthwise like a jelly roll. Press with your fingers to seal the top and bottom firmly. Position the roll so it is seam side down (diagonally if needed to fit).



Ellie Krieger is the well-known host of *Healthy Appetite* on Food Network and Cooking Channel. She is the James Beard Award-winning author of *The Food You Crave*, in addition to *So Easy* and *Comfort Food Fix*, and she has been a columnist for *Fine Cooking* and *Food Network* magazines, and *USA Today*. A registered dietitian and nutritionist, Ellie reaches people with her message that it is possible for anyone, given the tools and knowledge, to live life to the maximum by keeping a healthy balance and nurturing a richly satisfying and sumptuous, attainable lifestyle.

Nutrition Info per serving: 320 calories. 12g total fat. 6g saturated fat. 30mg cholesterol. 720mg sodium. 37g carbohydrates. 5g fiber. 20g protein.

Photo by Nigel Barker



Photo by Ed Anderson

JOE YONAN'S FIG, TALEGGIO & RADICCHIO PIZZA

Recipe by [Joe Yonan](#). Reprinted with permission from *Serve Yourself: Nightly Adventures in Cooking for One* by Joe Yonan copyright © 2011, published by Ten Speed Press, a division of Random House, Inc.

INGREDIENTS {SERVES 4}

- 3 dried Mission figs
- ½ cup dry red wine
- 2 tablespoons raw walnut pieces
- All-purpose flour
- 1 (6 oz.) ball [No-Knead Pizza Dough](#)
- 2 tablespoons extra virgin olive oil
- ½ small head radicchio, shredded (about ¼ cup)
- 2 oz. Taleggio or another pungent cheese, cut into small pieces

RECIPE

Preheat the broiler with the rack set 5 inches from the element or flame. If you are using a cast-iron skillet or griddle pan for the pizza, set it over medium-high heat until it gets smoking hot, about 15 minutes. Transfer the skillet (turned upside down) or griddle pan to the broiler.

Put figs in a small skillet set over medium heat, pour in the wine, and bring to a boil. Turn off the heat and let the figs soak for at least 30 minutes. Drain, then chop into ½ inch pieces. Toast the walnut pieces in a dry skillet over medium-high heat, 3 to 4 minutes. Transfer to a plate, let cool, and then coarsely chop.

To shape the dough, dust a work surface with flour and put the ball of dough on it. Sprinkle with flour and knead a few times until the dough comes together. Add more flour if necessary. Form it into an 8 inch round by pressing from the center out toward the edges, leaving a 1 inch border thicker than the rest.

Open the oven door and quickly slide out the rack with the cooking surface on it. Pick up dough and quickly transfer it to the cooking surface, being careful not to touch the surface. Drizzle 1 tablespoon of oil onto the dough, scatter the walnut pieces on top, then radicchio, then chopped figs, and then cheese. Slide rack back into oven and close door. Broil pizza until crust has puffed up around the edges, pizza has blackened in spots, and cheese has melted, 3 to 4 minutes.

Remove pizza with a wooden or metal peel or a square of cardboard, transfer it to a cutting board, and let it rest a few minutes. Drizzle remaining 1 tablespoon of oil on top, cut the pizza into quarters, transfer it to a plate, and eat.



Joe Yonan is the food and travel editor for the *Washington Post*, where he writes regular features, including the “Weeknight Vegetarian” column. He is the author of *Eat Your Vegetables* and *Serve Yourself*. Yonan has won awards for writing and editing from the James Beard Foundation, the Association of Food Journalists, and the Society of American Travel Writers, and his work has been featured three times in the Best Food Writing anthology.

Nutrition Info per serving: 689 calories. 14g total fat. 4g saturated fat. 13mg cholesterol. 862mg sodium. 116g carbohydrates. 7g fiber. 17g protein.



KIM O'DONNEL'S MARINARA, MOZZARELLA, ARUGULA & LEMON PIZZA

Recipe by [Kim O'Donnel](#) appears in her book *The Meat Lover's Meatless Cookbook: Vegetarian Recipes Carnivores Will Devour*, published by Da Capo Press, 2010.

INGREDIENTS {SERVES 4}

- 1 recipe [Pizza Dough](#)
- 2 cups tomato purée (straight from a jar, or whole tomatoes from a 28 oz. can, puréed)
- 1 clove garlic, smashed
- 1 teaspoon dried oregano
- 1 teaspoon tomato paste
- ½ teaspoon salt (Note: taste the purée before adding, particularly if it was processed with salt)
- Ground black pepper
- ¼ teaspoon red pepper flakes (optional)
- 2 cups shredded mozzarella cheese
- ½ cup grated Parmigiano-Reggiano

Optional but really nice:

- ½ bunch (about 2 cups) arugula, cleaned and dried
- ½ lemon
- A drizzle of olive oil

RECIPE

Pour the tomato purée into a medium-size saucepan and heat over medium heat. Add the garlic, oregano, and tomato paste. Stir to make sure the paste has been absorbed into the puree.

Bring up to a boil (this helps sauce reduce a bit), then lower the heat and stir to make sure the sauce is not sticking. The sauce can be ready in 15 minutes or can simmer for longer, up to ½ hour. It will reduce by about one-fourth, which gives you at least ¾ cup of purée per pizza.

Taste for salt and season accordingly, and add the black pepper and/or red pepper flakes. Remove the garlic clove.

Ladle the sauce into the middle of dough circle, and with a rubber spatula, spread until the surface is completely covered. Place the mozzarella (1 cup per 12 inch pizza) on top of the sauce. Remember, the cheese will spread as it melts in the oven, so don't worry if it seems as if your pizza is not amply covered with cheese.

Place in a preheated 500°F oven and bake as directed for the pizza dough (see details in preceding recipe). When the pizza is done, garnish it with the Parmigiano-Reggiano and the arugula (if using). Squeeze the lemon all over the greens and/or drizzle with olive oil if you wish.



For more than a decade, Seattle-based journalist and chef Kim O'Donnel has dispensed culinary advice and covered food policy at numerous publications, including the *Washington Post*, *Civil Eats*, *Culinate*, *Mother Earth News* and *USA Today*. Kim's first cookbook, *The Meat Lover's Meatless Cookbook*, is a collection of 52 vegetarian menus – one for every week of the year – inspired by Meatless Monday. Her follow-up collection, *The Meat Lover's Meatless Celebrations*, was among the *Washington Post's* Top Cookbooks of 2012. Her work is featured in the anthology *Best Food Writing 2013*. A graduate of the Institute of Culinary Education in New York, Kim sits on the James Beard Journalism Awards committee. kimodonna.com | [@kimodonna](https://twitter.com/kimodonna)

Nutrition Info per serving: 563 calories. 14g total fat. 6g saturated fat. 26mg cholesterol. 918mg sodium. 85g carbohydrates. 6g fiber. 24g protein.



Photo by Diana K. Rice, food styling by Virginia Gregory

MARK BITTMAN'S MARINARA PIZZA

From *How to Cook Everything Vegetarian: Simple Meatless Recipes for Great Food* by [Mark Bittman](#). Copyright © 2007 by Double B Publishing, Inc. Reprinted by permission of Houghton Mifflin Harcourt Publishing Company. All rights reserved.

INGREDIENTS {SERVES 4}
1 recipe [Pizza Dough](#), mixed and risen
Extra virgin olive oil as needed
Coarse kosher or sea salt
Fresh sliced tomatoes
Thinly sliced garlic
Chopped black olives or whole capers (optional)

RECIPE
When the dough is ready, knead it lightly, form it into a ball, and divide it into two if you like; roll each piece into a round ball and place each ball on a lightly floured surface. Sprinkle with a little more flour, cover with plastic wrap or a towel, and let rest while you heat the oven.

Preheat the oven to 500°F or higher. Roll or lightly press each dough ball into a flat round, lightly flouring the work surface and the dough as necessary (do not use more flour than you need to). Let the rounds sit for a few minutes; this will relax the dough and make it easier to roll out. If you have a peel and baking stone, roll or pat out the dough on the peel, as thinly as you like, turning occasionally and sprinkling it with flour as necessary. If you're using baking sheets, oil them, then press each dough ball into a flat round directly on the oiled sheets.

Sprinkle the top with some salt. Top the pies with fresh sliced tomatoes, thinly sliced garlic, extra virgin olive oil, and, if you like, a few chopped black olives or whole capers.

Slide the baking sheet into the oven on a rack set in the middle (or the pizza itself onto the stone, which should be set on a lower rack). Bake for 6 to 12 minutes, depending on the oven heat, until nicely browned. Serve immediately or at room temperature (these will keep for a few hours).



Mark Bittman is one of America's best-known and most widely respected food writers. He covers food policy, cooking, and eating as an opinion columnist for *The New York Times* and the paper's Sunday magazine. He produced "The Minimalist" column for 13 years and has starred in several popular public television cooking series. Now a frequent public speaker, he appears regularly on the *Today* show and is a guest on a wide range of television and radio shows. Bittman has authored more than a dozen cookbooks, including *How to Cook Everything® The Basics*, *How to Cook Everything®, How to Cook Everything® Vegetarian* (all available as apps), *Food Matters* and *The Food Matters Cookbook*, and the new VB6™: *Eat Vegan Before 6:00*. For more information go to [markbittman.com](#).

Nutrition Info: 510 calories per serving. 19g total fat. 3g saturated fat. 0mg cholesterol. 1169mg sodium. 75g carbohydrates. 3g fiber. 11g protein.



PETER BERLEY'S PITA PIZZA WITH GREEN OLIVES, MONTEREY JACK & CHOPPED SALAD

Recipe by [Peter Berley](#) appears in his book *Fresh Food Fast*. Reprinted with permission from William Morrow.

INGREDIENTS {SERVES 4}

Chopped Salad:

- 1 garlic clove, peeled and halved
- 2 tablespoons balsamic vinegar
- 1 small red onion, halved, thinly sliced
- ¼ cup extra virgin olive oil
- Coarse sea salt and fresh black pepper
- 3 hearts of romaine, coarsely chopped
- 4 medium Kirby cucumbers, cut into bite-sized pieces
- 2 medium tomatoes, cored, seeded, and diced
- 1 ripe avocado, diced
- 5 fresh basil leaves, torn into pieces
- 8-10 fresh mint leaves, torn into pieces

Pita Pizza:

- 4 (7 inch) pocketless pita breads
- 8 oz. Monterey Jack cheese, grated
- ½ cup pitted and chopped green olives
- 2 jalapeño peppers, minced
- Crushed red pepper flakes
- Freshly milled black pepper
- Shaved Parmesan cheese for garnish

RECIPE

Place a pizza stone or an inverted rimmed baking sheet in the upper third of the oven and preheat the oven to 450°F.

To prepare the salad, vigorously rub the inside of a large bowl with the garlic. Add vinegar and red onion and set aside for 5 minutes. Whisk in the oil and season with salt and pepper. Add the lettuce, cucumber, tomato, avocado, basil, and mint and toss well.

Bake the pitas, in batches if necessary, on the heated pizza stone or pan for 3 minutes.

In a small bowl, combine the cheese, olives, and jalapeños. Divide this mixture among the four pitas.

Return the pitas to the oven, two at a time, and bake until the cheese is bubbling and lightly browned, about 5 minutes.

Mound the salad on top of the pizzas, sprinkle with Parmesan cheese, and serve.



PETER BERLEY is a chef, cookbook author, and culinary instructor. He is the owner of The North Fork Kitchen and Garden, a culinary studio where he teaches intensive workshops on modern food craft and wood-fired bread baking and cooking. The former executive chef of the world-renowned Angelica Kitchen restaurant in New York City, he holds classes at The Institute of Culinary Education and Natural Gourmet Institute, and works as a personal chef in East Hampton in the summer. Berley has contributed to *Edible Brooklyn*, *Food & Wine*, *Bon Appetit*, *Everyday with Rachel Ray*, *Natural Health*, *Cooking Light*, and *Fine Cooking* magazines. His groundbreaking book, *The Modern Vegetarian Kitchen*, received both James Beard and IACP Awards, and his second book, *Fresh Food Fast*, was chosen as one of the 25 Best of 2005 by *Food & Wine Magazine*. He lives with his family in Brooklyn, New York.

Nutrition Info per serving: 693 calories. 43g total fat. 14g saturated fat. 61mg cholesterol. 997mg sodium. 58g carbohydrates. 10g fiber. 25g protein.



Photo by Yunhee Kim

SARAH COPELAND'S ROBIOLA, SHAVED BRUSSELS SPROUTS & WALNUT PIZZA

Recipe by [Sarah Copeland](#) appears in her book *Feast: Generous Vegetarian Meals for Any Eater and Every Appetite*, published by Chronicle Books, 2013.

INGREDIENTS {SERVES 2-4}

Fine cornmeal for dusting
Flour for dusting
One 14-26 oz. ball homemade pizza dough
or purchased pizza dough, at room
temperature
2-3 oz. Robiola cheese, thinly sliced
2 tablespoon extra virgin olive oil
Sea salt and freshly ground pepper
4-6 oz. Brussels sprouts
1 teaspoon fresh lemon juice
Ricotta salata cheese for shaving
¼ cup toasted walnuts, coarsely chopped
(optional)
2 teaspoon honey or truffle honey

RECIPE

Preheat the oven to 475°F and place a rack in the bottom third of the oven.
If using a pizza stone, sprinkle a pizza paddle or peel lightly with cornmeal. If
using a baking sheet, preheat it in the oven until it is very hot and then dust it
with cornmeal.

On a well-floured work surface, sprinkle the dough and your hands with flour.
Stretch the dough with your hands to make any shape of pizza you please,
roughly 12 inch round or oblong, stretching the edges lightly to form a circle,
oval, or rectangle that is evenly thin throughout the middle. Carefully transfer
the dough to the prepared pizza paddle or hot baking sheet with your hands.

Top the pizza dough with a few thin slices of Robiola cheese. Drizzle with 1
tablespoon of the olive oil and season with salt and pepper.

If using a pizza stone, slide the pizza onto the stone and place it in the oven.
If using a baking sheet, place the hot baking sheet in the oven. Bake until the
pizza is puffed, crisp on the bottom, and evenly baked through, 8 to 10 minutes.

Meanwhile, shave or thinly slice the Brussels sprouts with a sharp knife. Toss
together with the remaining 1 tablespoon olive oil and the lemon juice. Sprinkle
over the par-baked pizza and return to the oven. Bake until the Brussels sprouts
are lightly charred and tender-crisp, about 4 minutes. Shave ricotta salata over
the top with a vegetable peeler, scatter with the walnuts, and drizzle with the
honey. Serve warm.



Sarah Copeland is a food and lifestyle expert, the author of *Feast: Generous Vegetarian Meals for Any Eater and Every Appetite* and is the food director of *Real Simple* magazine. She spent six years as a lead recipe developer for *Food Network*, and has appeared as a guest chef on *Good Morning America*. Her articles and recipes have been featured in numerous magazines, including *Fitness*, *Health*, *Food Network Magazine*, *Saveur*, *Food & Wine*, and *Martha Stewart Living*, and she has contributed to several cookbooks. In 2012, Sarah published her first cookbook, *The Newlywed Cookbook*, shortly after beginning her own marriage to a vegetarian. A former omnivore herself, Sarah was determined to make him wonderful, flavorful vegetarian food. Her new book, *Feast*, comes out of her commitment to that goal. She lives in New York City.

Nutrition Info per serving: 461 calories. 23g total fat. 6g saturated fat.
21mg cholesterol. 694mg sodium. 56g carbohydrates. 6g fiber. 16g protein.



Photo by Heather Poire

SHARON PALMER’S ARUGULA SALAD PIZZA

Recipe by [Sharon Palmer](#), RD, appears in her forthcoming book *Plant Powered for Life*, published by The Experiment, 2014.

INGREDIENTS {SERVES 8}

- One 16 oz. package refrigerated whole grain pizza dough, or whole grain pizza dough prepared from a mix
- Cornmeal
- 1/3 cup marinara sauce
- 1 1/2 teaspoons dried oregano
- 1 cup shredded plant-based cheese
- 2 cups mixed fresh arugula and baby spinach
- 1 1/2 cups fresh cherry tomatoes (yellow), halved
- 1/2 medium red bell pepper, diced
- 1 ripe medium avocado, sliced
- 1/4 cup roasted pistachios
- 1 tablespoon balsamic vinegar
- 1 tablespoon extra virgin olive oil

RECIPE

- Preheat the oven to 350°F. Roll out the pizza dough to fit a 14 inch pizza pan or pizza stone. Sprinkle the pan or stone with cornmeal and fit dough on top.
- Spread the marinara sauce onto the dough and sprinkle the oregano and plant-based cheese over it. Place the pan or stone in the oven and bake for 30 to 35 minutes, until the crust is golden and firm to the touch.
- At the last minute before serving, remove the crust from the oven and top with the arugula and baby spinach, tomatoes, bell pepper, avocado, and pistachios. The greens will wilt quickly.
- Drizzle with the vinegar and olive oil. Serve immediately.
- Note: Omit the plant-based cheese, if desired.
- Variation: Substitute other firm greens, such as baby kale or chopped collard greens, for the arugula and baby spinach.



Sharon Palmer, The Plant-Powered Dietitian™, is an award-winning dietitian, blogger, writer, and editor. She is author of *The Plant-Powered Diet: The Lifelong Eating Plan for Achieving Optimal Health, Beginning Today* (The Experiment, 2012) and *Plant-Powered For Life: Eat Your Way to Lasting Health with 52 Simple Steps and 125 Delicious Recipes* (The Experiment, 2014). Living in the chaparral hills over Los Angeles, Sharon enjoys visiting the farmers’ market weekly to inspire plant-powered cooking in her kitchen for her family, friends and followers.

Nutrition Info per serving: 276 calories. 8g total fat. 1g saturated fat. 0mg cholesterol. 466mg sodium. 36g carbohydrates. 8g fiber. 12g protein.