



Pizza With Creamed Spinach

Yield: 24 slices

Ingredients

- ½ cup sun-dried tomatoes not packed in oil
- 12 ounces silken tofu, firm or extra-firm
- 10 ounces frozen, chopped spinach, thawed
- 1 Spanish onion, small dice
- 2 cloves garlic, minced
- 1 tablespoon dried dill
- 2 tablespoons nutritional yeast
- 1 teaspoons kosher salt
- 2 teaspoon freshly ground black pepper
- 2 12-inch whole-grain pizza crusts, precooked
- ½ red onion, finely diced
- 1 cup pitted Kalamata olives, halved

See other side for instructions

Presented by
Culinary Medicine

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Instructions

1. Preheat the oven to 350 degrees.
2. Place the sun-dried tomatoes in a small bowl, and add enough warm water to cover and soak for about 30 minutes. Drain well.
3. Finely chop the tomatoes and set aside
4. In a blender puree, the tofu until smooth. Set aside.
5. In a colander, drain the spinach, pressing out as much water as possible.
6. Heat a skillet over medium heat. Add the yellow onion and cook, stirring occasionally.
7. Add water 1 to 2 tablespoons at a time, as needed to keep the onion from sticking, until softened, about 5 minutes.
8. Add the garlic and dill and cook until fragrant, about 1 minute.
9. Stir in the pureed tofu and the spinach, along with the nutritional yeast.
10. Cook to warm through, about 2 minutes.
11. Season with salt and pepper, and remove from the heat.
12. Place the pizza crusts on sheet trays, lined with wax paper.
13. Divide the spinach mixture evenly between the crusts, and spread it to cover the crusts evenly.
14. Top with the chopped, sun-dried tomatoes, red onion and olives.
15. Bake until the edges are slightly browned and the pizzas are warmed all the way through, about 15 minutes.
16. Slice and serve.

Nutrition Information **Serving Size: 1 slice**

Calories: 210 | Total Fat: 6 g | Saturated Fat: 1 g | Sodium: 435 mg
Total Carbohydrate: 33 g | Dietary Fiber: 2 g | Sugars: 1 g | Protein: 6 g