

Pizza w/ Creamed Spinach & Sun-Dried Tomatoes — FOK

Swick

Serves 2 | Active Time: 20 minutes | Total Time: 50 minutes

Step 1: Assembling and Baking the Pizzas

- ½ cup sun-dried tomatoes (not packed in oil)
- 1 (12-ounce) package firm or extra-firm silken tofu
- 1 (10-ounce) package frozen spinach, thawed
- 1 med yellow onion, small dice
- 2 cloves garlic, minced
- 1 tablespoon dried dill
- 2 tbsp nutritional yeast
- sea salt and freshly ground black pepper, to taste
- 2 (12-inch) precooked whole-grain pizza crusts
- ½ med red onion, small diced
- 1 cup pitted kalamata olives, halved

Preheat the oven to 350°F.

Place the sun-dried tomatoes in a small bowl and add enough warm water to cover. Set aside to soak until tender, about 30 minutes. Drain well. Finely chop the tomatoes and set aside.

In a blender, puree the silken tofu until smooth. Set aside.

Lay a clean kitchen towel or several layers of paper towel on the counter and place the thawed spinach at the bottom of one short end. Roll up the spinach in the towel and, holding it over the sink, twist either end of the roll to squeeze out as much liquid from the spinach as you can. Unroll and set aside.

In saute pan on medium to high heat, add the yellow onion to the pan, moving around the pan allowing the sugars to be released until the onions are slightly golden and translucent, about 3-4 minutes. Add ¼ cup water or vegetable stock to deglaze and pick up those sugars to caramelize onions.

Reduce heat to low-medium and add the garlic and dill and cook until fragrant, about 1 minute. Stir in the pureed tofu and the spinach along with the nutritional yeast. Cook to warm through, about 2-4 minutes. Season to taste with salt and pepper and remove from the heat.

Place the pizza crusts on pizza stones or large baking sheets. Divide the spinach mixture evenly between the crusts and spread it to cover the crusts evenly. Top with the chopped sun-dried tomatoes, red onion, and olives.

Bake until the edges are browned slightly and the pizzas are warmed all the way through, about 15 minutes. Slice and serve.