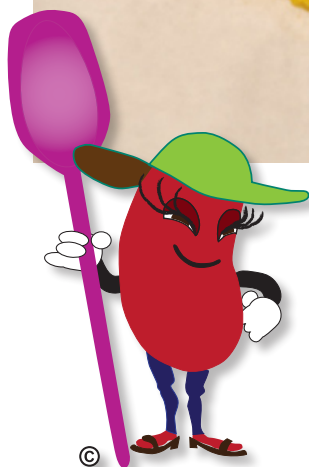


Beans, Rice And Everything Nice

Polenta Pizza Crust



Crust Ingredients

makes one 25-30 cm
(10-12 inch) crust

1 cup dry gluten free
polenta (I used
**Bob's Red Mill
gluten free polenta**)

2 cups water

Recipe found in "Forks Over Knives " cookbook by Moira Nordholt

I made this satisfying pizza with no oil in sight using minimally processed whole foods. The polenta makes a really nice base with a touch of crunchiness and a subtle taste of corn. I was inspired for this recipe by one in the "Forks Over Knives " cookbook by Moira Nordholt. The pizza sauce is from the "Food Allergy Survival Guide" by Vesanto Melina, Jo Stepaniak, and Dina Aronson. If you don't like my toppings, use your own favourites.

For the Crust: Bring the two cups of water to boil in a heavy, wide-bottomed pot. The pot should be as wide as you want your pizza crust. A wider pot will yield a thinner, crispier crust. Whisk in the polenta for 1 minute. Cover with a lid, reduce heat to low (it should barely simmer,) and let sit for 40 minutes. After 40 minutes remove from heat and let cool to room temperature.

If you are in a hurry, place the pot in the fridge until completely cool and set.

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Polenta Pizza Sauce & Toppings

Sauce

1 398 ml / 14-ounce can plain fat-free tomato sauce
1 teaspoon dried basil
1 teaspoon dried oregano
1 teaspoon crumbled rosemary
1 teaspoon fennel seeds
1/2 teaspoon garlic powder
1/4 teaspoon red pepper flakes (optional)

For the sauce: While polenta is cooling, make the pizza sauce. Pour the can of tomato sauce into a saucepan. Add the seasonings. Stir to mix. Bring to a boil over medium heat, reduce heat and let simmer for 15 minutes, until thickened. Cover loosely with a lid as it will spit and sputter all over the stove.

Pizza Sauce recipe found in "Food Allergy Survival Guide" by Vesanto Melina, Jo Stepaniak, and Dina Aronson

Toppings

1/2 pound of frozen spinach, defrosted, squeezed and drained
1/2 pound of mushrooms, sliced
1/2 a green pepper, diced
1/2 a package of smoked tofu, cubed or 1 cup of white beans (canned or cooked from dry)
Sliced red onion to taste

For the toppings: Set out the frozen spinach to defrost. You can do this the night before if you wish, or you can use your microwave defrost setting. If using the microwave, try 1 or 2 minutes at a time and keep checking. When the spinach is defrosted, squeeze out most of the water and discard keeping the ball of spinach.

While the crust is in the oven, chop the vegetables and tofu. Saute the mushrooms and green pepper in a tablespoon or two of water to start, until the mushrooms are barely cooked. We are cooking off some of that water so that the pizza isn't soggy. Add the tofu or beans and the squeezed spinach, and mix everything together. Set aside.

Polenta Pizza Assembly

Assembly: When the polenta is cooled, place a cutting board over the top of the pot and flip the pot over so that the polenta drops down on to the board. If it sticks to your pot, loosen the edges a bit and gently lift the bottom with a spatula then try flipping again. I have only had it stick once when I used a thinner-bottomed pot and didn't let it cool enough before trying to flip. Now flip it again on to a parchment-lined baking sheet. Preheat the oven to 175C / 350F. Bake for 20 minutes to firm up the crust.

Remove the crust from the oven. Spread a generous amount of sauce all over the top. Spread the vegetable mixture on top of the sauce, and top with slices of red onion. Return to the oven and bake for 15 more minutes, until the onion is cooked.

Enjoy!

