



Farm Fresh Vegetable Pizza

Makes 8 Individual Pizzas or 2 Large Pizzas

- 3 and $\frac{3}{4}$ cups all purpose flour
- 1 package (approximately 2 and $\frac{1}{4}$ tsp) dry activated yeast
- 1 and $\frac{1}{3}$ cup hot water
- 1 tbs sugar
- 1 tbs kosher salt
- 2 tbs olive oil
- 1 cup marinara sauce like [The Farmer & The Foodie's recipe from episode 2!](#)
- $\frac{1}{4}$ cup grated parmesan cheese
- $\frac{1}{2}$ lb ball mozzarella cheese, torn apart by hand
- 1 bell pepper, thinly sliced
- baby portobello mushrooms, stems removed and caps thinly sliced
- $\frac{1}{4}$ cup pitted olives

Directions:

- Place the yeast in the bowl of a stand mixer and add the hot water. Add the sugar and use your fingers to lightly mix together. Give the yeast 20 minutes to rise and bubble up.
- Sift the flour and add to the yeast along with the kosher salt and olive oil. Using the dough hook, turn the mixer on low speed and mix until the dough begins to come together and pull away from the sides of the bowl.
- Generously flour a clean counter surface and turn the dough out onto the flour. Use your hands to continue to knead the dough until it becomes smooth and slightly elastic. Form into a ball. Lightly oil a large bowl with olive oil and place the dough ball upside down in the bowl. Spin to coat with the oil and flip right side up. Cover with saran wrap or a clean kitchen towel and allow to rest for 2 hours, until the dough has doubled in size.
- Preheat the oven to 450° (or even hotter if possible for an extra crisp crust). *When not making this recipe with young children, I will place my pizza stone in the oven as it preheats. Be extra careful when transferring the dough to the preheated pizza stone!*
- Turn the dough out onto a freshly floured surface and cut in half. This will make two large pizzas or you may cut each half into fours to make eight individual pizzas. At this point

the dough may be sealed tightly in a freezer bag and kept frozen for 3-4 months. Allow to thaw at room temperature in a large bowl covered with saran wrap or a clean kitchen towel.

- Flour a rolling pin and roll the dough out into a round shape about 1/8th of an inch thick. Transfer to a baking sheet and top with marinara sauce, mozzarella cheese and vegetables. Sprinkle parmesan cheese ovetop and transfer to the oven. Bake until the crust is golden and the cheese is bubbling and beginning to brown, approximately 8-10 minutes.
- Remove from the oven and transfer pizzas to plates. Serve immediately.

Massaged Kale Salad with Honey Mustard Dressing

Serves 4

- 2 large bunches kale, stems removed
- your favorite veggies for topping salads such as carrots, radish and cucumber
- 1 tbs dijon mustard
- 2 tsp honey
- 1 clove garlic, grated, or 1 clove roasted and minced
- the juice from ½ a lemon
- ⅓ cup olive oil + additional for massaging kale
- kosher salt
- black pepper

Directions:

- Place honey, mustard, lemon juice, garlic, pinch kosher salt and pinch pepper in a ball jar. Add olive oil, put the lid on, and shake until emulsified. Taste and add additional salt, pepper and lemon juice if desired. Set aside.
- Place kale leaves in a bowl and use your hands to tear the leaves apart. Add 1 tbs olive oil along with a pinch of kosher salt to the kale. Use your hands to massage the oil into the kale leaves, working until the leaves have softened and broken down, shrinking to half of their original size.
- Add the veggies to the kale along with 2 tbs of the dressing. Toss to combine and then taste, adding additional dressing if preferred. Remaining dressing will last for up to one week.