



ShopRite



KIDZ COOK

Recipe of the Week!

TAKE ONE HOME AND TRY IT YOURSELF!

Sweet Potato-Crusted Turkey & Veggie Pizza

Chef Jacob Cook, Age 9

FOR THE CRUST:

- 1½ c. cooked or microwaved sweet potato (1 large sweet potato)
- 1½ c. almond flour or all-purpose flour
- ¾ c. egg substitute
- ½ c. low-fat shredded mozzarella cheese
- 1 teaspoon gluten-free baking powder
- 2 teaspoons garlic powder
- 1 teaspoon oregano
- ¼ teaspoon chipotle chili powder
- ½ teaspoon sweet paprika
- ¼ teaspoon cinnamon

FOR THE TOPPINGS:

- 1 tablespoon canola oil
- 2 ounces ground turkey
- ½ red onion, peeled and sliced
- ½ small eggplant, peeled and chopped
- ½ zucchini, chopped
- 3 portobello mushrooms, sliced
- ½ yellow bell pepper, sliced
- ½ orange bell pepper, sliced
- ¾ cup tomato sauce
- ½ cup low-fat mozzarella cheese

PREPARATION:

1. Preheat oven to 375°F. In large bowl, combine all the crust ingredients. Mix thoroughly.
2. Spray 9-inch round springform pan or pizza pan with cooking spray. Spread the dough into a circle, to cover the pan. Bake dough 25 minutes or until center is firm, edges browned. Remove from the oven and let cool.
3. Meanwhile, in large sauté pan, warm oil over moderate heat. Add turkey and onion. Cook about 5 minutes, or until turkey is cooked through, and onions are tender. Add eggplant, zucchini, mushrooms, and bell peppers. Cook about 5 minutes, until they soft. Remove from heat.
4. To assemble: Spread sauce on pre-baked crust, top with turkey-vegetable mix and cheese. Bake for about 10 minutes, or until cheese is melted.

Source: *Healthy Lunchtime Challenge Cookbook* compiled by the Let's Move Initiative

Enjoy!

