

Blue Cheese & Spinach Pizza

Recipe © Renee Clerkin, RD LDN, guest contributor

Servings: ~6

Ingredients:

Dough:

- $\frac{1}{2}$ c. lukewarm water
- 1 tsp. sea salt
- 1 tsp. instant yeast
- 1 $\frac{1}{2}$ cups wholegrain spelt flour
- 1 tsp. olive oil

Toppings:

- 3 tsp. olive oil (divided)
- 1 yellow onion, thinly sliced
- 2 cups sliced mushrooms
- 2 cloves garlic, thinly sliced
- 4 cups chopped spinach
- 1 Tbl. pine nuts
- 4 Tbl. crumbled blue cheese



Directions:

1. Whisk together warm water, salt, and yeast in a large bowl. Gradually stir the flour into the bowl with a wooden spoon until dough is formed. Knead dough for a couple of minutes, adding more flour if dough is too sticky.
2. Place dough back in the bowl and drizzle with 1 tsp. olive oil, making sure the dough is completely covered in oil. Cover the bowl with plastic wrap and set in a warm place for 1- to 2-hours.
3. Heat a skillet over low-medium heat with 1 tsp. olive oil and add onions. Cook, stirring occasionally for 45- to 60-minutes until onions start to caramelize and turn slightly golden.
4. Meanwhile, heat another skillet over med heat with $\frac{1}{2}$ tsp. Olive oil and cook mushrooms for 6- to 8-minutes, until soft and tender. Remove mushrooms from skillet and set aside. Add $\frac{1}{2}$ tsp. olive oil to the same skillet and add garlic and spinach. Cook for 3- to 4-minutes, until spinach is wilted and set aside.
5. Preheat oven to 450 degrees F. Roll dough onto a lightly floured surface until you get desired thickness. (Spelt flour doesn't stretch as well as wheat so it is easier to use the palm of your hand to flatten out the dough.) Lay rolled out dough on a baking sheet covered in parchment paper or a pizza stone. Top with caramelized onions, mushrooms, spinach with garlic, pine nuts, and blue cheese. Bake for 5- to 7-minutes, until crust is cooked and cheese has melted.

Nutrition: (Serving size: 1/6th recipe)

calories: 197
sugars: 2g

protein: 8g
sodium: 408mg

total carbohydrate: 28g
dietary fiber: 4.5g

total fat: 6g