

Kale, Onion, and Goat Cheese Pizza

Yield: 4 servings

Preheat oven to 400° F

Ingredients

Pizza Crust

- 2 ½ cups [Gluten Free All-Purpose Baking Mix](#)
- ½ cup shredded mozzarella cheese
- ¼ teaspoon sea salt
- 1 egg
- 2 tablespoons extra-virgin olive oil
- ½ cup water

Topping

- 2 Tablespoons extra-virgin olive oil
- 4 cups fresh or frozen kale, thawed, torn into small pieces
- 1 yellow onion, cut into wedges
- ¼ teaspoon sea salt
- 2/3 cup pizza sauce(no sugar added)
- 2 ounces goat cheese, crumbled

Preparation

Pizza Crust

In a medium bowl, combine the baking mix, cheese, and salt. In a small bowl, mix together the egg, oil and water. Pour into the flour mixture and combine thoroughly

Place the dough on parchment paper lined baking sheet or pizza pan and, with moistened hands, press into a 12" circle, forming an outer edge. Bake for 10 minutes. Remove from the oven and set aside. Reduce heat to 350° F

Topping

Meanwhile, in a large skillet over medium heat, heat the oil. Add kale, onion, and salt and cook for 5 minutes, stirring frequently, or until the kale wilts and the onion is soft.

Top the pizza crust with the sauce, kale mixture, and goat cheese. Return to the oven for 10 minutes, or until cheese melts.

Per serving: 698 calories, 27 g protein, 30 g carbohydrates, 57 g total fat, 9 g saturated fat, 14 g fiber, 1,015 mg sodium