



Green Pesto Mini Pizzas

SERVES 4

Raw spinach or kale leaves make a surprising pesto for this good-for-you pizza.

- 2 cups packed chopped raw spinach or kale leaves
- 1/2 cup walnuts
- 2 tablespoons nutritional yeast
- 1 tablespoon lemon juice
- 1 clove garlic
- 1/4 teaspoon freshly ground black pepper
- 4 sprouted 100% whole grain English muffins, split
- 4 ounces sliced button or cremini mushrooms
- 2 plum tomatoes, seeded and chopped
- 1/2 cup shredded part-skim mozzarella cheese

Preheat oven to 425°F. Place kale, walnuts, yeast, lemon juice, 2 tablespoons water, garlic and pepper in the bowl of a food processor and pulse until you have a coarse paste. Arrange muffin halves on a large baking sheet. Spread kale pesto on muffins and top with mushrooms, tomatoes and cheese. Bake until muffins are crisp and cheese is melted, 20 to 25 minutes.

See Health Starts Here program materials in store and online



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