

Meet Your New Favorite Way to Eat Kale

Crispy Kale White Pizza

Even though it's covered in gooey cheese, you'll feel like you're getting a full serving of veggies in this green, kale-topped pie.

Ingredients:

- 1 teaspoon(s) olive oil
- 1 large (12-inch) prebaked thin pizza crust
- 1 cup(s) part-skim ricotta
- 1/3 cup(s) grated Parmesan cheese
- 1 can(s) (4-ounce) green chilies, chopped
- 1 clove(s) garlic, crushed with press
- 1/2 teaspoon(s) dried oregano
- 1/4 teaspoon(s) salt
- 1/4 teaspoon(s) black pepper
- 1 cup(s) grated part-skim mozzarella
- 1/2 teaspoon(s) crushed red pepper
- 3 large leaves kale, tough ribs removed, torn into bite-size pieces
- 1 teaspoon(s) olive oil
- 1 pinch(s) salt
- 1/4 cup(s) chopped fresh tomato



Serves: 4
Yields: 4 main-dish servings
Total Time: 30 min
Oven Temp: 425

Directions:

1. Preheat oven to 425 degrees F. Brush large cookie sheet with oil. Place crust on prepared pan.
2. In medium bowl, stir together ricotta, Parmesan cheese, chopped green chilies, garlic, dried oregano, and 1/4 teaspoon each salt and black pepper.
3. Spread mixture on crust in even layer. Sprinkle with grated part-skim mozzarella and crushed red pepper.
4. Toss kale in large bowl with remaining 1 teaspoon olive oil and pinch salt. Arrange on top of cheese in single layer.
5. Bake 10 to 15 minutes or until crust is golden and kale is crisp. Garnish with chopped fresh tomato.