

Village Health Clinic

RECIPES

The MEDITERANEAN WHEAT-FREE PIZZA

1 package Kinnikinnick* pizza crusts (makes three 7-inch pizzas)

{found at Save-On Foods or visit www.kinnikinnick.com}

2 cups pasta sauce

1 can tomato paste

2-3 garlic, finely minced

1/2 tsp. thyme

1/2 tsp. rosemary

basil leaves- handful

1/2 red onion, finely chopped

1 can (398 ml) artichokes hearts, chopped

1 can (398 ml) black olives, sliced

100 grams goat's milk mozzarella cheese or rice/soy cheese

olive oil or flax oil

{optional: roasted peppers, turkey or tofu pepperoni – just about anything you like!}

Preheat oven to 375°F.

Mix pasta sauce with tomato paste, garlic, thyme, & rosemary. Spread over pizza crusts. Add a single layer of basil leaves, then sprinkle on onions, artichokes, and olives. Top with goat's/rice/soy cheese. Season with pepper. Bake in oven for 10-15 minutes (baking time depends on oven). Remove from oven & let cool 2-3 minutes. Drizzle with flax oil.

* Kinnikinnick products are Gluten-free/Wheat-free or Gluten-free and Casein-free products (GF/CF). Most are found in the refrigerated section or in the flour section of the Natural Foods aisle.