

Homemade whole wheat pizza with tofu ricotta, kale pesto, and grilled summer veggies

Makes 2 pizzas (8-10" each)

Ingredients

Pizza dough

- 1.25 tsp. active dry yeast
- $\frac{3}{4}$ cup warm water (about 110 degrees F)
- 2 tsp. sugar
- 1 cup whole wheat flour
- $\frac{3}{4}$ cup white flour (plus more for dusting)
- 1 tsp. salt
- Olive oil

Tofu ricotta

- 1 lb. firm tofu, pressed (wrap tofu in washcloth/kitchen towel, place heavy object on top, and let sit for 15-30 minutes to remove excess moisture)
- 2 tbsp. extra virgin olive oil
- 2 tbsp. lemon juice
- 1 tbsp. chopped fresh oregano
- 1 tbsp. chopped fresh rosemary
- 2 tbsp. nutritional yeast
- $\frac{1}{2}$ tsp. garlic powder
- $\frac{1}{2}$ tsp. salt (more or less to taste)
- $\frac{1}{4}$ tsp. pepper (more or less to taste)

Kale pesto

- 2 cups kale or baby kale leaves
- 1 tbsp. minced garlic
- 2 tbsp. lemon juice
- $\frac{1}{4}$ cup olive oil
- $\frac{1}{4}$ cup walnuts
- 2 tbsp. nutritional yeast
- Salt and pepper to taste

Grilled veggies

- 1 medium summer squash, sliced thin
- 1 medium zucchini, sliced thin
- $\frac{1}{2}$ medium red onion, sliced thin
- 1 tbsp. olive oil
- Salt and pepper

Directions

- 1) For the pizza dough: dissolve the sugar and yeast in the warm water and let sit for about 5 minutes, or until foamy. Mix in the flours and salt (you can do this with a spoon or in a



stand mixer, but if you're using a stand mixer, make sure not to overmix). Knead dough on a floured board until smooth, 3-5 minutes. If it's too sticky, you can add a bit more flour, but only a few teaspoons at a time so the dough doesn't become too dry. Grease the inside of a large bowl with olive oil and add the dough. Cover with a wash cloth or loosely cover with plastic wrap and set aside at room temperature for 1.5 to 2 hours, or until dough has doubled in volume. (You can prepare the other components of the dish while the dough is rising).

- 2) For the tofu ricotta: puree all ingredients in food processor until smooth and creamy. Season with salt and pepper to taste.
- 3) For the pesto: puree all ingredients in food processor or blender until smooth. Season with salt and pepper.
- 4) For the grilled veggies: toss all ingredients in a medium bowl until all veggies are evenly coated in olive oil, salt, and pepper. Heat up a large skillet, griddle, or indoor grill pan. Add the veggies and cook for about 5 minutes, turning halfway through, until tender and golden brown.
- 5) After dough has risen, divide into two balls and let rise again for another 15 minutes or so. Roll each into an 8-10" circle (or whatever shape suits your fancy). Heat up a large skillet or griddle with a bit of olive oil (about 1 tbsp.). Add one of the doughs and cook over medium-high heat for 2-3 minutes, turning halfway through, until golden brown on both sides. Repeat with the other pizza dough.
- 6) For the assembly: spread a generous amount of tofu ricotta onto each pizza crust. Spread a layer of pesto on top, then evenly distribute the roasted veggies across the two pizzas. Sprinkle with red pepper flakes and nutritional yeast (if desired), slice, and dig in!