

Heart Shaped Pizza and Arugula Salad w/ Lemon Vinaigrette

Servings: 4

Prep time: 30 mins

Cook time: 8-10 mins

Total time: 38-40 mins

Equipment:

- 2 baking sheets or pizza pans
- Scissors
- Spatula
- Cutting board
- Cheese grater
- Knife
- Pizza cutter
- Large bowl
- Can opener
- Colander
- Small mason jar
- Salad tongs
- Measuring cups
- Measuring spoons



Ingredients:

Pizza:

- Whole wheat pizza crust and sauce starter kit (one from Food Basics comes with 2 crusts)
- 1 cup mozzarella cheese, grated
- ½ cup olives, sliced
- ½ cup mushrooms, sliced
- ½ cup bell pepper, sliced
- ½ cup spinach, chopped

Salad:

- 3 cups arugula
- 1 540ml can chickpeas, rinsed
- 1 apple, sliced
- ¼ cup unsalted walnuts or pecans
- 2 tbsp unsalted pumpkin seeds

Lemon vinaigrette:

- ¼ cup fresh lemon juice
- ¼ cup extra virgin olive oil
- 1 small garlic clove, minced
- 1 tsp Dijon mustard
- ¼ tsp sea salt (optional)
- ¼ tsp ground black pepper
- ½ tsp maple syrup
- ½ tsp dried thyme

Directions:***Pizza:***

1. Preheat oven to 425 F.
2. Cut pizza crusts into a heart shape using scissors and place on baking sheet/pizza pan.
3. Spread tomato sauce on pizza crusts using a spatula.
4. Using a cutting board and cheese grater, grate cheese and sprinkle on pizzas.
5. Using a cutting board and knife, chop veggies (mushrooms, bell pepper and spinach) and place on pizzas.
6. Bake pizzas in the oven for 8-10 minutes until cheese is melted and crust is golden brown.
7. Let cool for 2-3 minutes before slicing.

Salad:

1. While pizzas are baking, assemble salad by adding arugula into a large bowl.
2. Using a can opener, open can of chickpeas and add to colander. Rinse with cold water to remove sodium and add to salad.
3. Using a cutting board and knife, thinly slice apple and add to salad.
4. Add nuts and seeds to salad.
8. Make lemon vinaigrette by adding all the ingredients into a small mason jar and shaking until mixed well.
9. Drizzle lemon vinaigrette on salad and toss to combine.

Storage:

- Store leftover pizza and salad in airtight containers in the refrigerator for up to 4 days
- Store lemon vinaigrette in mason jar in the refrigerator for up to 1 week

Nutrition fact:

- The healthiest salad dressing uses extra virgin olive oil, which is high in monounsaturated fats. These are healthy fats that help to lower LDL-C.