

IT'S EASY (and delicious) BEING GREEN

RECIPE • STYLING

PHOTOGRAPHY

Jennifer Danter

Jacqueline Downey



Pizza night at home is the new norm these days. Embrace eating more greens and going plant-based at mealtime—your pie can take it! This pesto pizza is a great excuse to use up all that fresh kale and zucchini bursting in the garden.

Kale and Pepita Pesto

Move over basil, kale is the main event in this pesto. Green pepitas (pumpkin seeds) replace traditional pine nuts to layer in creamy goodness.

1 large bunch kale, stems and ribs removed
1 cup torn basil leaves
½ cup raw green pepitas
2 cloves garlic, smashed
1 Tbsp butter, at room temperature
⅔ cup extra-virgin olive oil
2-3 Tbsp freshly squeezed lemon juice
¼ cup grated pecorino
Sea salt, to taste

Coarsely tear or chop kale leaves. You should have about 5 cups of packed leaves. Blanch in boiling water just until leaves wilt and turn bright green, about 15 seconds. Drain; rinse under cold water; squeeze out excess liquid.

Place in a food processor with basil, pepitas, and garlic. Whirl until finely chopped. Add butter; with motor running, gradually whirl in oil and lemon juice. Turn into a bowl; stir in cheese and season with salt and pepper. If not using right away, store in a mason jar; cover with a thin layer of oil and refrigerate up to 1 week.

Makes about 2 cups.

Super Green Pizza

This makes enough for two large sheet-pan pizzas. Makes about 8 servings (for hungry people).

1 medium zucchini
1 bunch asparagus or 1 broccoli crown
2 Tbsp hemp seeds
1 Tbsp grated lemon peel
1 tsp each dried oregano and basil leaves
¼ tsp each sea salt and ground black pepper

Flour or cornmeal, for dusting
2 balls (1 lb each) pizza dough
2 cups Kale and Pepita Pesto
2 tsp olive oil
2 large balls burrata or fior di latte cheese, drained (about 250 g)*
Crushed red pepper flakes (optional)
1 cup microgreens or torn basil leaves (optional)

Arrange oven racks in top and bottom third of the oven; preheat to 450°F. Line two large baking sheets with parchment paper.

Meanwhile, using a mandoline or sharp knife, thinly slice zucchini into rounds. Slice thicker stalks of asparagus in half lengthwise, or if using broccoli, chop into small florets.

In a bowl, stir together lemon peel, hemp seeds, oregano, basil, salt, and pepper.

Place one of the parchment sheets (from the baking sheets) on the counter; lightly dust with flour or cornmeal, then place dough in the centre. Using your hands or a rolling pin, roll or press and stretch dough into a large rectangle. Transfer to a baking sheet. Repeat with the other parchment and dough.

Spoon and smooth ¾ cup pesto over each dough rectangle; sprinkle with half the hemp mixture. Arrange zucchini and

asparagus spears or broccoli overtop. Lightly drizzle or spray with oil; sprinkle remaining hemp mixture over the top.

Bake until the crust is golden, about 12-15 minutes. Remove from the oven. Tear the burrata into large blobs; arrange over the top. Bake until warm, 2 minutes. Spoon dollops of remaining pesto over cheese; sprinkle with pepper flakes and top with microgreens.

*Going dairy-free? Swap the burrata for plant-based mozzarella shreds or your favourite vegan cheese.