

# LINDSAY IS VEGAN'S

## GREEN VEGGIE AND FLOEWR PIZZA

### INGREDIENTS

#### Crust

- 1 cup warm water
- 1 tbsp instant yeast
- 1 tsp salt
- $\frac{1}{4}$  cup olive oil
- 2-3 cups flour

#### Pesto

- 1 cup spinach
- 1 cup fresh basil
- 1 tbsp nutritional yeast
- $\frac{1}{2}$  cup olive oil
- Dash of salt

#### Toppings

- $\frac{1}{2}$  bunch of fresh asparagus
- $\frac{1}{2}$  cup pumpkin seeds or pecans
- 2 fresh white onions

### PIZZA CRUST

(serves 4)

- Put the warm water in a bowl and add the yeast, wait 3-4 minutes until it looks cloudy, add the olive oil, salt, and then stir in 2 cups flour (add more if needed, it should be stretchy but firm and not sticky)
- Let sit covered with a tea towel for at least 90 minutes and use more flour to knead
- Brush both sides of the flattened dough with oil and lay on your BBQ until one side is nice and cooked (I like mine a little charred and don't cook both sides)

### PESTO

- Put all the ingredients in a blender and put aside (add more greens or olive oil depending on the thickness and your blender, mine was still oily which was fine)

### PIZZA

- Chop up the white onions and fry them on a med/low heat, stirring regularly until they are browned, caramelized and delicious
- Blanche the asparagus by putting them whole in boiling water for 2 minutes and then chopping into  $\frac{1}{4}$  inch pieces
- Spread the pesto on the side of the crust that is cooked and then the onions
- Put it back on the BBQ until the other side is cooked
- Top with asparagus, flowers, and nuts
- Drizzle with some balsamic reduction

