

## Skinny Chicken, Artichoke Alfredo Pizza

### WHAT YOU WILL NEED

4 cloves garlic, minced  
2 tablespoons unsalted butter  
1 tablespoon olive oil  
2 heads of cauliflower (about 7-8 cups cauliflower florets)  
1/2 teaspoon salt (more to taste)  
1/2 teaspoon pepper (more to taste)  
1 and 1/2 cups skim milk (more to achieve desired consistency)  
pinch of freshly grated nutmeg  
3/4 cup grated parmesan cheese  
fresh parsley for serving

### For the Topping:

1/4 Rouses Naked Rotisserie Chicken deboned and shredded  
1 12. oz. jar Artichoke hearts drained and broken apart  
2 cups fresh spinach leaves  
1/2 small purple onion cut to slivers  
12 roasted garlic cloves diced (can be gotten from Rouses Olive Bar)  
4 oz. Mozzarella cheese.

### HOW TO PREP

1. Sauté the minced garlic with the butter and olive oil in a large skillet over medium-low heat. Cook for several minutes or until the garlic is soft and fragrant. Be careful not to brown the garlic. Remove from heat and set aside.
2. Meanwhile, bring a large pot of water to a boil over high heat. Add the cauliflower, cover, and cook until cauliflower is tender when you stick a fork in it (about 8-10 minutes). Drain.
3. Transfer the cauliflower to the blender. Add milk, sautéed garlic/butter, salt, pepper, nutmeg, and milk. Blend or puree for 2-3 minutes until the sauce is silky and smooth. You can add more milk if it seems too thick.
4. Spoon Alfredo sauce over entire pizza
5. Top pizza with Rouses Naked Rotisserie Chicken, artichokes, spinach, purple onions, and roasted garlic.
6. Sprinkle with Mozzarella Cheese
7. Bake in a preheated 425 degree oven for 12 minutes (less for softer pizza, or more for more crunchy pizza)
6. Preheat oven to 500 degrees. Place stone in oven if using one.
7. Put pizza dough round on a sheet if not using a stone or peel and fill with desired ingredients.
8. Slip into oven and bake 6 to 12 minutes or until dough is done and cheese is melted and bubbly.
9. Remove and serve.

## Pizza Primavera

### WHAT YOU WILL NEED

1 cookie sheet or pizza pan sprinkled with 1 tablespoon corn meal so that it does not stick  
1 CauliPower defrosted pizza shell  
1 tablespoon corn meal  
1 cup San Marzano tomatoes pureed and spread evenly over pizza  
3/4 cup grated mozzarella cheese  
1/2 bunch asparagus, stems removed and cut lengthwise to small slivers  
1/2 green and 1/2 red bell pepper cut to slivers  
1 large Portabella mushroom cut to slivers  
1 small onion cut to slivers  
2 cups kale cut thin  
Olive oil for drizzling  
Ground oregano for sprinkling once assembled  
10 shredded basil leaves  
Salt and black pepper

### HOW TO PREP

1. Place Cauli Power pizza shell on corn meal dusted cookie sheet or pizza pan.
2. Carefully spoon out tomato sauce so that it covers the pizza dough being careful to keep 1 inch border around free of the sauce as it will burn.
3. Evenly place cut asparagus, bell peppers, mushrooms, onions, and kale on the sauced pizza dough.
4. Drizzle with olive oil, sprinkle with oregano and salt and pepper, and mozzarella cheese.
5. Place in a preheated oven of 350 degrees.
6. Cook for 15-20 minutes depending on desired doneness.
7. Place basil leaves on pizza once pizza is cooked.....

*Recipes prepared by Rouses Chef Nino*