farm to TABLE

Farm to Table provides local, sustainably grown foods to childcare programs in Seattle to increase access to highly nutritious foods. The program is supported by funding from the City of Seattle Sweetened Beverage Tax.

Butternut Squash Veggie Pizza

Adapted from Minimalist Baker Makes 8 slices

Sauce Ingredients

1 medium butternut squash (about 2 pounds) 3 cloves garlic 2 tablespoons oil (divided) Salt and pepper to taste 1 tablespoon maple syrup

Pizza Ingredients

1 ½ cups broccolini
1/2 cup red onion
1/2 cup canned chickpeas
1 teaspoon oil
1 teaspoon dried oregano
Salt and pepper to taste
6 ounces store-bought pizza dough
1 cup Butternut Squash Sauce (instructions below)
1/2 cup shredded parmesan or mozzarella cheese

Instructions for Sauce

Preheat oven to 400°F.

Slice the ends off butternut squash, peel, and cut in half lengthwise. Scoop out seeds and cut squash into 1/2-inch pieces. Peel garlic cloves. Place butternut squash and garlic cloves on a baking sheet and drizzle with 1 tablespoon of oil and a pinch of salt and pepper. Toss to coat evenly with oil and spread into a single layer in the pan.

Bake for 15-20 minutes, or until all the squash is fork tender.

Transfer cooked squash and garlic to a blender or food processor and add maple syrup and remaining 1 tablespoon of oil. Puree until smooth, adding more oil or water if the sauce is too thick. The consistency should be creamy and spreadable, but not pourable. Taste the sauce and adjust seasonings as needed. Set aside.













Photo credit: Minimalist Baker website

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Instructions for Pizza

Increase oven heat to 425°F.

Remove any large stems from the broccolini and save them for another use. Roughly chop broccolini and red onion. Rinse and drain chickpeas.

Heat a large skillet over medium heat. Once hot, add oil, broccolini, red onion, chickpeas, oregano, and salt and pepper to taste. Sauté for 2-3 minutes, stirring frequently. Remove from heat and set aside.

Roll out pizza dough into an even circle and transfer to a parchment-lined baking sheet. Spread 1 cup of butternut squash sauce over the dough and then add the cooked veggies. Sprinkle parmesan or mozzarella cheese on top. (Note: you will probably have leftover sauce that can be used for another pizza, as a topping on pasta, or eaten as a puree.)

Transfer pizza to the oven, laying the pizza and parchment paper directly on the oven rack. Bake for 13-18 minutes, or until crust edges are golden brown.

Slice and serve with extra cheese, oregano, or red pepper flakes. Leftover pizza will keep well for 2-3 days, though it is best when served fresh.

Note:

- To make the recipe gluten free, use a gluten-free pizza dough.
- To make the recipe dairy free, use a dairy-free cheese alternative.