



Makes 2 9-inch Pizzas
Preparation Time: 25 minutes
Cook Time: 50 minutes

INGREDIENTS:

1 batch [Basic Polenta Recipe](#),
kept warm

2 large Yukon Gold potatoes,
thinly sliced

2 medium yellow onions, peeled
and diced

1 cup [Basil Pesto Recipe](#)

¼ cup nutritional yeast, optional

Salt and freshly ground black
pepper to taste

Polenta Pizza with Pesto, Caramelized Onions and Potatoes

Artisan pizza has become the rage in the United States and sometimes even boasts a whole-grain crust, but my guess is that high-fat pepperoni pizza is still number one in pizza sales, unfortunately.

You can make this dish with a traditional crust but this healthy, plant-based version really is a nice change. The pesto and caramelized onions add a ton of flavor to the dish. Try this with arugula pesto for even more of a change.

From *Forks Over Knives - The Cookbook*

Find this recipe and more in the *Forks Over Knives Recipe App*.

By Del Sroufe

- 1 Divide the polenta between two 9-inch round nonstick baking pans, and refrigerate until set, about 1 hour.
- 2 Steam the potatoes in a double boiler or steamer basket over medium heat until tender. Set aside and let cool.
- 3 Place the onions in a medium saucepan and sauté over medium heat for 15 minutes, or until well browned. Add water 1 to 2 tablespoons at a time to keep the onions from sticking to the pan. Remove from the heat and set aside.
- 4 Preheat the oven to 425° F.
- 5 Divide the pesto in half and spread over each of the two pans of polenta. Arrange the potatoes over the pesto, top with the caramelized onions, and sprinkle with the nutritional yeast, if desired. Season with salt and pepper. Bake for 10 to 12 minutes. Let sit for 10 minutes before serving.