



Makes one 12-inch pizza
Preparation Time: 30 minutes
Cook Time: 15 minutes

INGREDIENTS:

12 oz. Brussels sprouts, trimmed and quartered

1 red onion, sliced ($\frac{3}{4}$ cup)

4 to 6 tablespoons unsweetened, unflavored plant milk

2 tablespoons coarse cornmeal

1 medium sweet potato, peeled and cut into 1-inch pieces ($1\frac{1}{2}$ cups)

$\frac{1}{2}$ teaspoon finely chopped fresh rosemary

Sea salt, to taste

Freshly ground black pepper, to taste

1 recipe [Quick Homemade Oil-Free Pizza Dough](#) or 1 lb. refrigerated whole wheat pizza dough

$\frac{1}{3}$ cup balsamic vinegar

Brussels Sprouts, Sweet Potato, and Balsamic Pizza

Mashed sweet potato takes the place of tomato sauce in this rustic plant-based pizza topped with roasted Brussels sprouts. While the pizza bakes, you'll be making a quick and easy balsamic glaze to drizzle over the top. If you'd like to elevate the natural sweetness of the potato, use sweet onion instead of red.

By Carla Christian, RD, LD

- 1 Preheat oven to 400°F. Line a baking sheet with foil. Arrange Brussels sprouts and onion on the prepared baking sheet. Brush with 1 tablespoon of the milk. Roast 10 minutes or until vegetables are nearly tender, brushing lightly with milk if vegetables start to look dry. Remove vegetables from baking sheet and sprinkle baking sheet with cornmeal.
- 2 Meanwhile, in a large saucepan combine sweet potato and enough water to cover. Bring to boiling; reduce heat. Simmer, covered, 10 to 12 minutes or until tender. Drain and return to saucepan. Mash sweet potato until smooth. Stir in 2 tablespoons of the milk and the rosemary. Season with salt and pepper.
- 3 On a lightly floured surface, roll pizza dough into a 12-inch circle. Transfer to the prepared baking sheet and brush with 1 teaspoon of the milk. Bake 8 minutes. Spread with mashed sweet potato; top with roasted Brussels sprouts and onion. Bake 8 to 10 minutes more or until crust is golden and crisp.
- 4 For balsamic glaze, in a small saucepan bring vinegar to boiling; reduce heat. Simmer, uncovered, 6 to 8 minutes or until thickened to a syrup consistency. Drizzle pizza with balsamic glaze and, if desired, sprinkle with additional rosemary.