

# CAST IRON SKILLET PIZZA WITH SAUSAGE AND KALE

Preparation: **25** minutes | Cooking: **20** minutes | Servings: **4**

## INGREDIENTS

*1 pound whole wheat pizza dough  
(at room temperature)  
6 ounces sweet Italian sausage (casing removed)  
2 cups kale  
1 cup shredded part-skim mozzarella  
6 tablespoons diced fire-roasted tomatoes, drained  
3 teaspoons extra virgin olive oil  
1 teaspoon cornmeal*



## INSTRUCTIONS

Place a 12-inch cast iron skillet in the oven, and preheat to 500 degrees. Heat 1 teaspoon of oil in a small skillet over medium-high heat. Add the sausage and cook for 3 to 5 minutes until no longer pink, stirring occasionally and breaking it up with a wooden spoon. Toss the kale in a medium bowl with 1 teaspoon of oil. Stretch the dough into a 12-inch circle. Then, remove the pan from the oven and sprinkle cornmeal into it. Carefully place the dough into the pan. Spread the tomatoes over the dough, leaving a 1-inch border. Top the dough with half of the cheese, half of the sausage and half of the kale. Repeat this process with the remaining cheese, sausage and kale. When done, brush the edge of the dough with the remaining 1 teaspoon of oil. Bake for about 15 minutes until the bottom of the pizza is crisp and the cheese is starting to brown. Let it cool for 5 minutes before serving.