Artichoke, Arugula & Olive Pizza

Be bold and experiment—it will still be delicious!

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There’s nothing better than creamy fresh mozzarella on pizza. It complements any ingredient, but it works especially well with salty artichokes and black olives.

Servings: 6 / Minutes prep: 20 / Ingredients: 16

Ingredients

- 1 premade whole-wheat pizza dough
- 1 cup canned artichoke hearts, drained, patted dry and halved cup pitted black olives, sliced cup capers, drained
- 1 (8-ounce) ball of fresh mozzarella cheese, diced
- 3 cups arugula
- 2 tablespoons olive oil
- Panko or cornmeal, for sprinkling
- Salt and pepper, to taste

For the Quick Tomato Sauce

- 2 tablespoons olive oil
- 1 pounds ripe plum tomatoes (about 6 to 8), coarsely chopped
- 1 to 2 garlic cloves, smashed and thinly sliced lengthwise
- 1 small dried red pepper, seeds removed (optional)
- teaspoon salt or to taste
- 1 tablespoon freshly grated Parmesan cheese (optional)

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Directions

1. Preheat the oven to 500 degrees. Put two baking trays in the oven or pizza stone if you have one. Prepare the tomato sauce as outlined above.
2. Sprinkle Panko or cornmeal onto a large sheet of parchment paper. Roll out the dough onto the parchment paper; press out the dough into a 12-by-8-inch rectangle or to fit your pizza stone. Split the dough into two balls if necessary.
3. Spread the tomato sauce evenly onto the dough. Top with artichokes, olives and capers, and then top evenly with cheese.
4. Using the parchment paper, slip the pizza onto the heated baking tray or pizza stone. Bake on lowest rack for 10 to 15 minutes, or until crust is golden and cheese is bubbling.
5. In a medium bowl, toss together arugula, olive oil, salt and pepper. Set the bowl aside.
6. Using the parchment paper, slip the finished pizza onto a cutting board. Top with arugula and cut into slices. Serve.

Nutrition Facts (per serving)

Calories: 368; fat: 21 g; saturated fat: 8 g; polyunsaturated fat: 2 g; monounsaturated fat: 10 g; carbohydrates: 32 g; sugar: 5 g; fiber: 6 g; protein: 15 g; sodium: 744 mg

Chef Tips

Pre-rolled and prebaked crusts make for a quick pizza fix when you are in a hurry. Buy raw pizza dough to roll out yourself. Pizza toppings are good on many bread products.

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