



Pizza Rustica

READY IN



150 min.

SERVINGS



8

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 16 ounce crimini mushrooms sliced
- ☐ 1 large egg whites
- ☐ 2 large eggs lightly beaten
- ☐ 1 tablespoon skim milk fat-free
- ☐ 1.8 cups flour all-purpose divided
- ☐ 0.5 cup fontina shredded
- ☐ 1 tablespoon thyme sprigs fresh chopped

- ☐ 2 teaspoons garlic minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 2 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 0.3 cup parmesan grated
- ☐ 8 ounces part-skim ricotta
- ☐ 2 medium bell pepper red
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons shallots chopped
- ☐ 1 pound swiss chard trimmed thinly sliced
- ☐ 0.3 cup water

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ sieve
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ broiler
- ☐ measuring cup

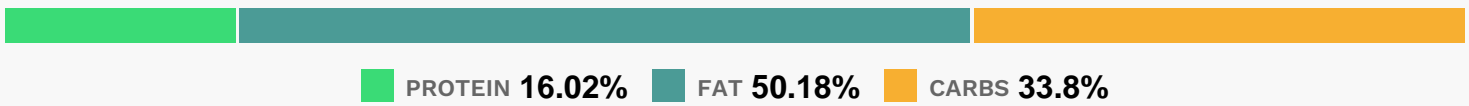
Directions

- ☐ To prepare crust, weigh or lightly spoon 25 ounces flour (about 1 2/3 cups) into dry measuring cups; level with a knife.

- ☐ Combine 25 ounces flour, 1/2 teaspoon salt, and baking powder in a food processor; pulse 2 times to combine.
- ☐ Combine 1/3 cup olive oil and 1/4 cup water in a small bowl. With processor on, slowly add oil mixture through food chute, and process just until dough begins to form a ball (dough will be crumbly). Turn dough out onto a lightly floured surface. Knead 3 minutes; add enough of the remaining 2 tablespoons flour to prevent dough from sticking to hands. Divide dough into 2 equal portions. Press each portion into a 5-inch circle on plastic wrap. Cover with additional plastic wrap. Chill at least 30 minutes.
- ☐ To prepare torta, preheat broiler to high.
- ☐ Cut bell peppers in half lengthwise; discard seeds and membranes.
- ☐ Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 10 minutes or until blackened.
- ☐ Place in a paper bag; fold to close tightly.
- ☐ Let stand 10 minutes. Peel and coarsely chop.
- ☐ Heat a large nonstick skillet over medium heat.
- ☐ Add 1 tablespoon oil; swirl to coat.
- ☐ Add chard to pan; cook 1 minute or until greens begin to wilt.
- ☐ Place chard and bell peppers in a large bowl. Return pan to medium heat.
- ☐ Add remaining 1 tablespoon oil to pan; swirl to coat.
- ☐ Add shallots and garlic to pan; cook for 1 minute.
- ☐ Add mushrooms; cook 5 minutes, stirring occasionally.
- ☐ Place mushroom mixture and chard mixture in a fine sieve; let drain 5 minutes.
- ☐ Place vegetable mixture in a large bowl.
- ☐ Add ricotta and next 7 ingredients (through egg white) to vegetable mixture, stirring to combine.
- ☐ Preheat oven to 37
- ☐ Slightly overlap 2 sheets of plastic wrap on a slightly damp surface. Unwrap one dough portion, and place on plastic wrap. Cover dough with 2 additional sheets of overlapping plastic wrap.
- ☐ Roll dough, still covered, into an 11-inch circle.
- ☐ Place the dough in freezer for 5 minutes or until plastic wrap can be easily removed.

- ☐ Remove top sheets of plastic wrap; fit dough, plastic wrap side up, into a 9-inch pie plate coated with cooking spray.
- ☐ Remove remaining plastic wrap. Spoon vegetable mixture into prepared pie plate.
- ☐ Slightly overlap 2 sheets of plastic wrap on a slightly damp surface. Unwrap remaining dough portion, and place on plastic wrap. Cover dough with 2 additional sheets of overlapping plastic wrap.
- ☐ Roll dough, still covered, into an 11-inch circle.
- ☐ Place the dough in freezer for 5 minutes or until plastic wrap can be easily removed.
- ☐ Remove top sheets of plastic wrap; fit dough, plastic wrap side up, over vegetable mixture.
- ☐ Remove remaining plastic wrap. Press the edges of dough together. Fold edges under, and flute.
- ☐ Brush top of dough with milk.
- ☐ Cut several slits in top of dough to allow steam to escape.
- ☐ Bake at 375 for 45 minutes or until crust is golden brown. Cool 30 minutes.
- ☐ Cut into 8 wedges.
- ☐ Wine Match: This veggie-packed dish deserves an earthy Italian red. Banfi's Cantine Rosso 2009 (\$1
- ☐ has flavors of tart cherries and, to complement the pizza's shallots, garlic, and thyme, undertones of oak and spices. --Gretchen Roberts

Nutrition Facts



Properties

Glycemic Index:56.91, Glycemic Load:16.23, Inflammation Score:-10, Nutrition Score:28.948260846345%

Flavonoids

Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 3.3mg, Kaempferol: 3.3mg, Kaempferol: 3.3mg, Kaempferol: 3.3mg Myricetin: 1.77mg, Myricetin: 1.77mg, Myricetin: 1.77mg, Myricetin: 1.77mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 349.23kcal (17.46%), Fat: 19.86g (30.56%), Saturated Fat: 5.7g (35.64%), Carbohydrates: 30.11g (10.04%), Net Carbohydrates: 27.26g (9.91%), Sugar: 3.54g (3.93%), Cholesterol: 67.04mg (22.35%), Sodium: 621.1mg (27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.27g (28.54%), Vitamin K: 480.31µg (457.43%), Vitamin A: 4721.18IU (94.42%), Vitamin C: 56.92mg (69%), Selenium: 36.03µg (51.47%), Vitamin B2: 0.65mg (38.36%), Manganese: 0.56mg (28%), Phosphorus: 270.03mg (27%), Folate: 97.59µg (24.4%), Vitamin E: 3.55mg (23.64%), Calcium: 235.88mg (23.59%), Copper: 0.46mg (23.18%), Vitamin B3: 4.37mg (21.86%), Vitamin B1: 0.33mg (21.72%), Potassium: 649.38mg (18.55%), Iron: 3.34mg (18.54%), Magnesium: 71.94mg (17.99%), Vitamin B5: 1.5mg (15.03%), Vitamin B6: 0.28mg (13.81%), Zinc: 2.06mg (13.71%), Fiber: 2.85g (11.38%), Vitamin B12: 0.44µg (7.35%), Vitamin D: 0.42µg (2.81%)