

# Sausage and Caramelized Onion Flatbread With Kale and Parmesan

The Washington Post, March 12, 2008

This is just one example of "pizza light for a busy night" from Pam Anderson's new cookbook. The dough has no yeast and can be made in the food processor in less than 1 minute. It creates a flat, thin, crisp crust. If you'd rather use a store-bought, 12-inch thin pizza crust, reduce the oven temperature to 450 degrees and bake for the same amount of time.



Makes 4 individual flatbread pizzas or one 12-inch thin pizza (5 servings)

## Ingredients:

*For the dough*

- • 1 cup bread flour, plus more for dusting
- • 1/2 teaspoon salt
- • 1/3 cup warm water, plus more as needed
- • 1 teaspoon extra-virgin olive oil

*For the topping*

- • 2 tablespoons extra-virgin olive oil
- • 2 medium-large onions, cut into halves and thinly sliced
- • 1/2 cup no-sugar-added apple butter
- • 3 cups chopped kale (from about 3 large leaves)
- • Salt
- • Freshly ground black pepper
- • 2 6-ounce links fully cooked chicken or turkey sausage, thinly sliced
- • 2 ounces Parmigiano-Reggiano cheese, shaved in thin slices with a vegetable peeler (a scant loosely packed cup)

## Directions:

For the dough: Combine the flour and salt in the bowl of a food processor; pulse to mix well. Line a large rimmed baking sheet with parchment paper or a silicone mat.

Combine the water and oil in a measuring cup and add to the flour mixture; pulse until a soft ball of dough forms. If the dough is too stiff (a hard-clay texture), add a tablespoon of warm water; pulse or process for about 15 seconds, until the dough is well kneaded.

Flour your hands well and lightly flour a work surface; transfer the dough to the work surface and cut the dough into quarters. Work with 1 quarter of the dough at a time and roll out to about a 12-by-4-inch rectangle; dust with flour as needed to keep it from sticking. Place on the prepared baking sheet; repeat with remaining dough. The 4 flatbreads should fit crosswise on the same sheet. Set aside.

For the topping: Adjust the oven rack to the lowest position; preheat to 500 degrees.

Heat 1 1/2 tablespoons of the oil in a large skillet over medium-high heat until the oil is almost smoking. Add the sliced onions and cook for 8 to 10 minutes, stirring toward the end of their cooking when they begin to turn brown.

Meanwhile, spread the 4 flatbread dough rectangles evenly with the apple butter.

Toss the kale with the remaining 1/2 tablespoon of oil and season lightly with salt and pepper.

Top each flatbread dough rectangle with the caramelized onion, spreading evenly; then the kale; then the sausage slices. Bake for 10 to 12 minutes, until the pizzas are brown in spots. Remove from the oven and scatter the cheese over the top. Serve hot.

## **Recipe Source:**

Adapted from "The Perfect Recipe for Losing Weight and Eating Great," by Pam Anderson (Houghton Mifflin, 2008).