

## Heart Healthy Pizza

### Batter-Dough Base

- 1 c red lentils, ground into a flour in a powerful blender
- 1 t turmeric
- 1/2 t red pepper flakes (optional, for a spicy pizza)
- 1/2 t sea salt
- 2 T olive oil
- 1 c water

### Topping

- 2/3 c pizza or thick tomato sauce (puttanesca sauce used here)
- 5-6 thinly sliced mushrooms
- 1/3 c finely sliced red onion
- 3/4 c grated mozzarella cheese
- 1 t fresh thyme leaves (or 1/2 teaspoon dried)

Preheat the oven to 350F and line a baking pan with parchment paper.

In a medium-sized bowl, mix all batter-dough ingredients and allow it to rest for 7 minutes. Mix, then spread the batter-dough in the pan, using a fork or a spatula to make it super thin. Bake 10 minutes, then cover with topping ingredients, starting with sauce and ending with cheese.

Bake for 10-12 minutes more until the cheese is melted.

Makes about 2 dozen small squares. Serves 6.

When reheating the pizza, or eating it cold, serve with slices of fresh tomato or a small dish of tomato sauce on the side.

**Jittery Cook**