

Pizza with Butternut Squash Sauce



Discover the goodness of our Pizza with Butternut Squash Sauce recipe. A unique twist on a classic favorite, this pizza is not only delicious but also packed with the nutritional benefits of butternut squash.

Preparation 20 min

Cooking 15 min

Servings 4

Nutrition Facts (per serving)

Calories 440

Fat 16

Carbohydrates 51

Fibre 10

Protein 24

Sodium 650

Ingredients

Sauce

- 250 ml (1 cup) cooked butternut squash
- 30 ml (2 tbsp) nutritional yeast
- 15 ml (1 tbsp) red wine vinegar
- 15 ml (1 tbsp) olive oil

- 15 ml (1 tbsp) water
- 5 ml (1 tsp) dried herbs
- 1 ml (¼ tsp) salt
- Pepper to taste

Pizzas

- 4 whole wheat tortillas
- 5 ml (1 tsp) oil
- 310 ml (1 ¼ cup) plant-based ground meat (or extra-lean ground meat)
- 250 ml (1 cup) packed chopped spinach
- 2 cloves garlic, minced
- 2 Italian tomatoes, diced
- 65 ml (¼ cup) chopped black olives
- 190 ml (¾ cup) shredded cheese (of your choice)

Preparation

1. After pre-cooking the butternut squash halves in the oven, cut in half lengthwise for 40 minutes at 400F (200C), scoop out 1 cup of cooked butternut squash and transfer it to a food processor or blender.
2. Add the remaining ingredients and let the blender run for about 1 minute. Add water if the consistency is too thick for your taste.
3. In a skillet, heat the oil over medium-high heat. Sauté minced garlic in the hot oil. Add plant-based ground meat or regular ground meat to the skillet and cook for about 5 minutes, stirring occasionally.
4. Add chopped spinach and continue cooking over medium heat for 2 minutes. (More if using meat and it is still pink).
5. Place the tortillas on oven-safe baking sheets then spread about 30 ml (2 tbsp) of sauce on each tortilla. Add the plant-based or regular meat mixture, diced tomatoes, chopped olives, and shredded cheese.
6. Bake in the oven for approximately 8 minutes at 350F (175C) or until desired doneness is achieved.

Notes



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