

## INGREDIENTS

- 1 Chicken Sausage
- 1 bunch of Kale
- 2 Garlic Cloves, minced
- ¼ can of Pumpkin
- 3 tbsp Pumpkin Seeds
- ½ cup Mozzarella Cheese, shredded
- 1 Pizza Crust, homemade or store bought

## DIRECTIONS

1. Preheat oven to 400 F.
2. Roughly chop kale and chicken sausage.
3. Cook chicken sausage in a pan on the stovetop. Set aside when cooked.
4. Massage kale, then place in pan on stove. Cook kale with garlic for 2-3 minutes or until slightly wilted. Remove from stove.
5. Spread pumpkin over pizza crust, add kale, sausage, and cheese.
6. Bake pizza until crust is golden brown on the edges.
7. Cool and enjoy!

Tips:

Store in fridge for up 1 week and reheat in microwave.

Try goat cheese or feta for a different taste!



## Pumpkin Kale Pizza

*Fall 2019 Cooking Class |  
High Protein*

**Yield:**  
6 Servings

**Prep Time:**  
15 Min

**Cook Time:**  
15 Min