**Pumpkin Kale Pizza**



**Ingredients:**

Yield 1 pizza, 2 slices per serving

1 chicken sausage

1 bunch of kale

2 cloves of garlic (minced)

¼ can pumpkin

3 tbsp pumpkin seeds

½ cup shredded mozzarella

1 pizza crust, homemade or store bought.

Tip: try goat cheese or feta for a different taste!

**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, and then place in pan on stove. Cook kale with minced garlic 2-3minutes or until slightly wilted. Removed 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!

Store in refrigerator for up to 1 week and reheat in microwave.

Interested in learning more about nutrition and health? Call the Wellness Center at 255-4444 and schedule an appointment one of our dietitians.