

Apple Feta Pizza with Spinach Salad

Instructions:

Don't change yet! Take out equipment.

1. Preheat **oven** at **375° F**.
2. Heat oil in a large nonstick **fry pan** at med-low. Sliver onion adding to pan as you cut. Stir occasionally until limp and caramelized (for this pizza we need 'um sweet). Set aside.

Slice apple into thin wedges and set aside.
Slice eggplant into thin slices and set aside.

3. Unroll pizza dough and place on a small cookie sheet with sides. Press dough with the palms of your hands to cover pan. Brush top of crust with oil using a pastry brush and sprinkle evenly with spice.

Layer with caramelized onions, feta cheese, Parmesan cheese, eggplant, apple, asparagus and mozzarella cheese.

Place in preheated **oven** for 25 minutes or until crust is golden brown.

...meanwhile...

4. Rinse spinach in basket of salad spinner and spin dry. Place spinach on individual serving dishes. Sliver red onion. Sprinkle onion, feta cheese, Mandarins and cashews over spinach.

Drizzle with salad dressing. *My family loves vidalia onion or poppy seed on this salad.*

Ingredients:

Take out ingredients.

1 tsp olive oil, extra-virgin
1 large onion

1 Macintosh or Spartan apple
eggplant or zucchini, 1 cup of slices

1 Pillsbury pizza crust, in a tube
(10 oz or 283 g)
1 tsp olive oil, extra-virgin
1 tsp Italian seasoning
chili flakes (optional)

caramelized onion
1/4 cup feta cheese, light, crumbled
2 Tbsp Parmesan cheese, light, grated
eggplant or zucchini slices
apple slices
6 asparagus spears
1/2 cup mozzarella cheese, part skim,
shredded

1 bag baby spinach (12 oz or 350 g)

1/8 sweet red onion
1/4 cup feta cheese, light, crumbled
3 Mandarin oranges, segmented or 1 can
Mandarins, drained
1/2 cup cashews, unsalted
1/3 cup favorite salad dressing, fat-free

Serves 4

15 MINUTES TO PREP
DINNER IS READY IN 30 MINUTES

Dinner Survival
by Sandi Richard