

Pizza w/ Gluten Free Crust

Crust:

2 ½ Cups Brown Rice Flour	1 Package Active Dry Yeast
¾ Cup Potato Starch	1 Teaspoon Sugar
3 Teaspoons Xanthan Gum	1 ¼ Cups Water, lukewarm
1 ½ Teaspoons Sea Salt	1 Teaspoon Rosemary, fresh, chopped
2 Tablespoons Flax, ground	1 Teaspoon Olive Oil

Pizza:

2 Links Hot Italian Chicken Sausage	1 Teaspoon Italian Seasoning
½ Cup Mozzarella Cheese, grated	2/3 Cup Onion, julienned
½ Cup Ketchup	2/3 Cup Yellow Bell Pepper, julienned
½ Cup Barbecue Sauce	1 Teaspoon Olive Oil

In the bowl of a stand mixer, combine lukewarm water, sugar and yeast. Let sit for about 5 minutes, until the yeast activates and appears foamy. Meanwhile, combine the rest of the ingredients in a bowl, whisking to combine. Pour the dry ingredients in with the wet, and mix until just combined. Divide, and save the other half for another time. The dough won't be very elastic. Press into a pizza pan or cookie sheet, shaping a raised lip around the edges. Lightly coat with Olive Oil. Let rest in a warm spot for about 15-30 minutes. While the dough is resting, preheat the oven to 475°F, and heat a skillet over medium-high heat with a teaspoon of olive oil. Remove the sausages from their casings, using a wooden spoon to break them up in the pan. ©2012 The Devil Wears Parsley

Cook until browned, and reserve to a plate. Pour ketchup and barbeque sauce in the same skillet, and add the Italian seasoning, mixing until heated through. Reserve to a small bowl and set aside.

Once the crust has rested, put into the 475°F oven for 10 minutes. This will allow the thick crust to firm up a little bit to stand up to the abundance of toppings. Remove after the 10 minutes, and then build the pizza starting with the sauce, sausage, onions, and peppers. Cook for another 10 minutes, then add the cheese and finish for 3-4 minutes longer. Enjoy! Serves 4

Nutrition Information per Serving:

Calories	504
Fat	11.8g
Saturated Fat	1.9g
Cholesterol	10.6g
Sodium	1484.7mg
Carbohydrates	82.9g
Fiber	3.1g
Sugars	22.5g
Protein	18.8g

