

White Pizza with Kale



Serves 6

1 pound raw pizza dough such as whole wheat or glutenfree, room temperature

White Sauce

1/2 cup whole milk ricotta (from a grassfed dairy farm if possible)

1 tablespoon olive oil

1 garlic clove, minced

1/2 teaspoon red chili pepper (optional)

1 cup grated Parmesan, divided

Topping

1 tablespoon olive oil

1/2 bunch of kale, thinly sliced

1 small red onions, thinly sliced

1/4 teaspoon salt

4 farm fresh, pastured raised eggs

Preheat the oven to 400°F. Roll the pizza out into a 10-inch in diameter pie and transfer to an ungreased baking sheet. Prepare the white sauce.

Place the ricotta, olive oil, garlic, red chili pepper, and 1/4 cup of the Parmesan in a medium bowl. Stir well to combine. Use a rubber spatula and spread the ricotta mixture over the pizza dough.

Heat a large skillet over medium-high heat. Add the olive oil along with the kale, onions, and salt. Cook 2 to 3 minutes until the kale and onions soften. Arrange the kale and onions on top of the ricotta layer, and make four small “nests” and crack an egg into each. Sprinkle with the remaining cheese and bake 15 to 20 minutes, until the crust is firm and the cheese is golden brown.

Tip: Try making your own healthy homemade pizza crust.

Nutritional Stats Per Serving (1 large slice): 262 calories, 15 g protein, 11 g carbohydrates, 17 g fat (7 g saturated), 156 mg cholesterol, 1.5 g fiber, 442 mg sodium.

Courtesy of [Dr. Drew Ramsey](#), co-founder of National Kale Day. Dr. Ramsey is a psychiatrist, author, and farmer. He is one of psychiatry's leading proponents of using dietary change to help balance moods, [sharpen brain function](#) and improve mental health. An assistant clinical professor of psychiatry at [Columbia University College of Physicians and Surgeons](#) in New York City, his clinical work focuses on the treatment of depression and anxiety. Using the latest [brain science](#) and nutritional research, integrative medicine, and an array of delicious food he aims to help people live to their happiest, healthiest lives.