

COOKING CLASSES

AT SUR LA TABLE

PIZZA CRUST REIMAGINED WITH WW

WITH CHEF SUR LA TABLE

IN PARTNERSHIP WITH



**weightwatchers
reimagined**

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Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet. Please reach out for substitution suggestions.

Produce

- 1 large head cauliflower
- 1 package fresh oregano
- 1 scallion, or green onion
- 1 bunch fresh sage
- 1 small red onion
- 1 cup arugula

Dairy

- 1 1/2 cups shredded part-skim mozzarella
- 1/3 cup shredded fontina cheese
- 3 large eggs
- 2/3 cup feta cheese
- 1 tablespoon grated Parmigiano-Reggiano

Frozen

- 1-pound package butternut squash cubes

Pantry Items

- All-purpose flour
- Kosher or sea salt
- Granulated garlic
- Black pepper corns, in grinder or mill
- Cooking spray
- Baking powder
- Ground nutmeg
- Cayenne pepper

Dry/Canned Goods

- 1 jar (1 cup total) roasted red bell peppers
- 10 medium Kalamata olives

Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

Cutlery

- Chef's knife
- Cutting board

Hand Tools/Gadgets

- Measuring cups
- Measuring spoons
- Digital scale
- Food storage containers
- Mixing bowls
- Large spoon
- Large turner
- Pizza cutter

Appliances

- Food processor

Bakeware

- 2 rimmed baking sheets lined with parchment paper or silicone baking mat

Pre-Class Mise en Place and Notes

Please gather all ingredients prior to class if you will be cooking along. It is helpful to organize the ingredients by recipe on rimmed baking sheets. Feel free to pre-measure ingredients, but it is not necessary.

Butternut Squash Crust Pizza with Fontina and Sage

1. Thaw frozen butternut squash prior to class
2. Wash and dry all produce
3. Preheat oven to 375°F

Cauliflower Crust Pizza with Feta, Peppers, and Olives

1. Wash and dry all produce

BUTTERNUT SQUASH CRUST PIZZA WITH FONTINA AND SAGE



Recipe yield: 4 servings

Serving size: 2 slices

Mashed butternut squash forms the base of this pizza crust. It's much healthier than regular pizza dough and adds a nice, sweet flavor to this slightly spicy pie.

Cooking spray

1 1/2 cup cooked cubed butternut squash, mashed

1/2 cup all-purpose flour

1/2 cup part-skim mozzarella cheese, shredded

1 tablespoon Parmigiano-Reggiano

2 1/2 teaspoon fresh sage, minced and divided

1/2 teaspoon baking powder

1/2 teaspoon salt

1/4 teaspoon granulated garlic

1 pinch ground nutmeg

1 pinch cayenne pepper

1 large egg, well beaten

1/3 cup shredded part-skim mozzarella cheese

1/3 cup shredded fontina cheese

1/2 cup red onion, thinly sliced

1 cup arugula

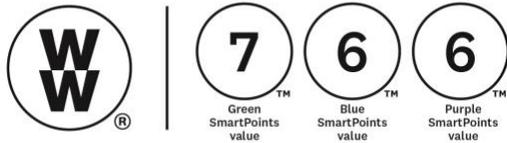
1 pinch ground nutmeg

1. Preheat oven to 375°F. Line a large rimmed sheet pan with parchment paper; coat with cooking spray.

2. Combine mashed squash with 1/2 teaspoon sage and all ingredients through eggs in a large bowl. Spoon crust mixture into two 8-inch circles on prepared pan; smooth with a spoon to form an even layer. Bake until medium brown on bottom, 25 minutes; carefully flip over. Bake until evenly browned, 15 minutes more.

3. Combine mozzarella and fontina cheeses in a medium bowl; scatter evenly across cooked crusts and sprinkle with remaining 2 teaspoons of sage and sliced onion. Return pizza to oven; bake until cheese melts, 5-7 minutes. Garnish with nutmeg and arugula; slice each pizza into 4 pieces and serve.

CAULIFLOWER CRUST PIZZA WITH FETA, PEPPERS, AND OLIVES



Recipe yield: 4 servings

Serving size: 2 slices

Rice-like pieces of cauliflower make a tender crust. We went Greek with the seasonings and toppings, but tomatoes, part-skim mozzarella and reduced-fat pesto would also be delicious.

Cooking spray

14 oz cauliflower, cut into florets

1/2 cup shredded part-skim mozzarella cheese

2/3 cup all-purpose flour

2 large eggs

1 teaspoon fresh oregano, minced

1 1/2 teaspoon salt

1/2 teaspoon granulated garlic

1/8 teaspoon ground black pepper

1 cup roasted red pepper, rinsed, drained well, chopped

2/3 cup crumbled feta cheese

10 medium Kalamata olives, pitted, chopped

2 tablespoon scallions, chopped

1 tablespoon fresh oregano, chopped for garnish

1. Preheat oven to 450°F. Line a large rimmed baking sheet with a silpat or parchment paper coated with cooking spray.
2. Place cauliflower florets in a food processor; process to consistency of rice. Spoon into a large bowl; add mozzarella, flour, eggs, minced oregano, salt, garlic and black pepper. Spoon crust mixture into two 8-inch circles on prepared pan (about 1/2-inch-thick each); smooth with a spoon to form an even layer. Bake until medium brown on bottom, 20 minutes; carefully flip over. Bake until evenly browned, 10 minutes more.
3. Sprinkle crust with roasted peppers, feta, olives, scallions and chopped oregano; bake until heated through, 5 minutes. Slice each pizza into 4 pieces; serve.

About WW (Weight Watchers): WW is a global wellness company and the world's leading commercial weight management program. WW inspires millions of people to adopt healthy habits for real life. To learn more about the WW approach to healthy living, please visit ww.com.

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**In 6-mo study, 88% of participants said *myWW* was an easier way to lose weight vs. when they tried on their own, funded by WW.

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