

Butternut Squash Pizza with Goat's Cheese

This sounds incredibly weird, but it's amazingly delicious. Even if you do without the goat's cheese. It's got more fiber than tomato sauce and so it's better for digestion and fills you up with the good energy stuff.

Ingredients:

- 3 cups cubed squash (600 – 700 grams)
- Olive oil
- Cayenne pepper (or simple red chili flakes)
- ½ small onion
- Pizza Crust (about 12" or 30cm)
- Goat Cheese (60-80g)
- Rocket/Rucola... a handful

Directions

1. Heat your oven 200°C.
2. Pan sauté the squash cubes for 15 minutes.
3. Once cooked... add to the pan: 1 spoon olive oil, ¼ teaspoon cayenne pepper and the onion. Cook until softened.
4. With a hand blender, whiz up the mixture to make your pizza sauce.
5. Get out your pizza crust onto the baking sheet.
6. Drizzle a bit of olive oil and spread the squash mixture on the crust.
7. Crumble the soft goat cheese on top OR put small slices of the semi hard cheese.
 - Do not cover the pizza like mozzarella!
 - Be selective... with a few bits of cheese sprinkled here and there.
8. Bake about 10 minutes...
Then place your super food rucola on top for the next 5 minutes.



This pizza was inspired by a MensHealth.com recipe in 2012, which can no longer be found in their online recipe database.