

# Roasted Sweet Potato & Caramelized Onion Pizza

*with Creamy Béchamel, Fontina Cheese & Arugula Salad*

How can we make pizza even better? For this recipe, we're using a rich, creamy béchamel as the base instead of tomato sauce. Sweet potatoes and caramelized onions add a note of sweetness, and to make it even better, we're topping the pizza with a zesty arugula salad to cut the richness and complete the dish. It's a wholesome, delicious meal on a slice.



## Ingredients

- 3 Cloves Garlic
- 3 Ounces Fontina Cheese
- 2 Sweet Potatoes
- 1 Bunch Oregano
- 1 Lemon
- 1 Yellow Onion
- 1 Cup Low-Fat Milk
- 2 Tablespoons Butter
- 2 Tablespoons Flour
- 1 Pound Plain Pizza Dough
- 3 Ounces Arugula
- ¼ Teaspoon Crushed Red Pepper Flakes

Makes 3 Servings  
About 700 Calories Per Serving





# Instructions



## Prepare the ingredients:

Preheat the oven to 500°F. Wash and dry the fresh produce. Peel and slice the garlic. Cut off and discard the rind of the cheese; grate the cheese. Peel and slice the sweet potato. Pick the oregano leaves off the stems; discard the stems. Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest. Quarter the lemon and remove the seeds. Peel and thinly slice the onion.



## Caramelize the onions:

In a large pot, heat 2 teaspoons of olive oil on medium until hot. Add the **onion** and cook, stirring frequently, 15 to 17 minutes, or until caramelized and browned. Stir in **2 tablespoons of water** to deglaze the pan, scraping up any browned bits. Transfer the caramelized onions to a small bowl and set aside. Wipe out the pot.



## Roast the sweet potatoes:

While the onions caramelize, place the **sweet potatoes** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Roast in the oven for 9 to 11 minutes, or until lightly browned. Remove from the oven and let cool slightly. Place the cooled sweet potatoes in a bowl and set aside. Wipe off the sheet pan.



## Make the béchamel sauce:

In the same pot used to caramelize the onions, melt the **butter** on medium. Add the **flour** and cook, stirring frequently, 1 to 2 minutes, or until toasted and browned. Slowly whisk in the **milk** and **lemon zest** and cook, stirring frequently, 2 to 3 minutes, or until slightly thickened; season with salt and pepper. Remove from heat and stir in **the juice of 2 lemon wedges**.



## Assemble & bake the pizza:

Lightly oil the sheet pan used to roast the sweet potatoes. On a work surface, using your hands, gently stretch the **dough** to a ¼-inch thickness and place on the oiled sheet pan, carefully rubbing the dough into the pan to oil the bottom of the pizza. Spread the **béchamel sauce** onto the dough and top with the **roasted sweet potatoes, caramelized onions, garlic, oregano** and **all but a pinch of the cheese** (save the rest for the salad). Drizzle with olive oil and season with salt and pepper. Bake 12 to 14 minutes (turning halfway through), or until browned and the dough is fully cooked. Remove from the oven and let cool slightly before serving.



## Dress the arugula & finish your dish:

While the pizza bakes, in a medium bowl, toss the **arugula** and **remaining cheese** with **the juice of 1 lemon wedge** (you will have an extra lemon wedge) and a drizzle of olive oil. Season with salt and pepper to taste. To finish your dish, sprinkle the pizza with **as much of the crushed red pepper flakes as you'd like** and top with the **arugula salad**. Enjoy!