

Pizza with Arugula and Mediterranean Mussels

Featuring Mussels

For a healthy taste of the Mediterranean, this delicious pizza is topped with a fresh and bright seafood salad. Mussels, chickpeas, Kalamata olives, lemon, and fresh parsley make a bright combination with cheese over a delicious whole wheat crust.

Ingredients:

1 pound refrigerated 100% whole wheat pizza dough (or 1 prebaked 12-inch pizza crust)	1/3 cup Kalamata olives, pitted and sliced
1/3 cup extra virgin olive oil, divided	1/3 cup flat-leaf parsley, chopped
10 ounces calamari rings, fresh or frozen and thawed, patted dry	1 tablespoon chopped jarred Calabrian chili peppers, (or 1/2 teaspoon crushed red pepper flakes)
10 ounces mussels, fresh in shell or frozen and thawed, cooked, removed from shell, and patted dry (alternatively, you may use 1/2 cup cooked mussels meat)	1 large lemon, cut into wedges, divided
3/4 cup canned chickpeas, drained	Sea salt and freshly ground black pepper, to taste
	1/2 cup shredded mozzarella cheese
	1/4 teaspoon dried oregano
	1 cup packed fresh baby arugula

Instructions:

- 1 Preheat the oven to 500°F. Place a baking sheet or pizza stone in the oven. (Alternatively, follow package directions if using prebaked crust for step 1 and 2.)
- 2 Stretch the pizza dough into a thin (about 12-inch) round or oval shape, and transfer to the preheated baking sheet or stone.
- 3 In a large saucepan on medium-high heat, add 2 tablespoons of the olive oil. Sauté calamari until firm, light brown, and opaque, about 3 to 4 minutes. (Do not overcook or it will become rubbery.)
- 4 In a large bowl, combine the cooked calamari, mussels, chickpeas, olives, parsley, peppers, and 2 tablespoons of the olive oil. Squirt with half of the lemon wedges, and season with salt and pepper to taste. Set aside.
- 5 Brush the pizza dough with the remaining olive oil. Top with shredded cheese. Sprinkle with oregano and season with salt and pepper as desired. Bake for 7-8 minutes, until the cheese has just melted and before the crust is brown.
- 6 Remove the pizza from the oven and top with the seafood mixture, then return to the oven and bake for 7-8 minutes, until the mussels and edges of the crust are golden brown and the bottom is crisp.
- 7 Transfer the pizza to a cutting board, sprinkle with the arugula, and squirt with the remaining lemon wedges. Slice into 8 wedges and enjoy.

**Makes 4 servings,
2 slices each**

Prep Time: 15 min.
Cooking Time: 15 min.
Total Time: 30 min.

Recipe Author

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is a nationally recognized registered dietitian nutritionist, healthy cook and cookbook author, and captivating communicator on a mission to help stressed out women find more joy and balance in their lives. In her latest book, *From Burnout to Balance*, Patricia distills into bite-size pieces everything women need to know (and eat) to heal from burnout and feel their best.

Notes:

- 1 If you are cooking in-shell mussels from fresh or frozen (thawed) form, bring a pot of water to a boil, add the mussels, and cook just until the shells open up.
- 2 The pizza can be stored in an airtight container in the refrigerator for up to 3 days, or frozen for up to 1 month. To freeze, remove the arugula and tightly wrap the pizza in parchment paper, then cover with aluminum foil. Once reheated, top with fresh arugula and a squirt of lemon.

Nutritional information (per serving):

610 calories, 28 g fat, 5 g saturated fat, 730 mg sodium, 59 g carbohydrate, 340 mg cholesterol, 1 g total sugar, 5 g fiber, 35 g protein



Watch the recipe video here:
bit.ly/3qgr1VZ