

zero-waste “garbage” pizza

By Bob Blumer

(ideally, all ingredients should be rescued)

crust ingredients

2 tablespoons oil (any oil will do)

½ head cauliflower, stem, leaves and all, *rough chopped*

1 medium potato, skin on, *rough chopped*

2 eggs

1/2 cup grated parmiggiano reggiano (the remnants from about 3 rinds)

2 tablespoons flour

salt and pepper

Crust Instructions

Preheat oven to 450°F.

Line a rimmed baking sheet with parchment paper. Oil parchment generously.

Place cauliflower and potato in a food processor and run until pureed.

Place puree on a dishtowel, wrap into a bundle, hold over a bowl, and squeeze out as much water content as possible.

Return contents to a large bowl and add the eggs, cheese, flour, salt and pepper. Mix thoroughly.

Transfer the cauliflower mixture to baking sheet and pat down with your hands to form a 9” x 12” crust, about ¼-inch thick

Bake for 15 minutes, flipping once, or until browned on the edges. Reserve.

Yield: 1 crust

Pesto ingredients

2 cups (total) of leftover fresh carrot tops, celery tops, radish tops, fennel fronds, or a mixture of all.

4 tablespoons oil (ideally from a jar of sun dried tomatoes or artichoke hearts)

2 garlic cloves, *rough chopped*

¼ cup peanut butter

4 ounces leftover hard cheese (parmiggiano reggiano, aged gouda...)

pesto instructions

Add all ingredients to a food processor or blender. Blend. If necessary, add a tablespoon or two of water to facilitate the blending process. Reserve.

Yield: approximately 1 cup pesto

Topping ingredients

1 tablespoon oil

1/3 cup mushroom stems, *sliced*

¼ cup red bell pepper, *sliced*

½ leek (the unloved middle section), *sliced*

4 asparagus stalks—bottom halves only (but not the woody section), *sliced thinly*

4 Swiss Chard stems, *sliced*

½ cup scavenged rotisserie chicken (optional)

6 ounces assortment of hard or moldy cheese, *nasty bits removed, then grated*

Topping instructions

Over med-high heat, add a tablespoon leftover oil or butter to a pan. Add veggies and chicken and sauté for about 5 minutes, or until slightly browned. Reserve.

Final assembly and baking

Preheat oven to 450°F.

Spread pesto overtop crust. Top with veggies and chicken, and sprinkle with cheese.

Bake on a sheet pan for approximately 8 minutes, or until cheese is melted and pizza looks amazeballs.

Pour yourself a fabulous glass of wine to reward yourself for rescuing so many ingredients.

Enjoy!