

# Barbeque Pizza

Back by popular demand! A whole-wheat crust spread with a delicious BBQ sauce and topped with black beans, crispy kale, smoked gouda and dried cherries. Sound unusual? Definitely. But together these ingredients are magic.

30 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

## Getting Organized

### EQUIPMENT

Rimmed Baking Sheet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
Flour for Dusting

### 5 MEEZ CONTAINERS

Pizza Dough  
Kale  
Barbeque Sauce  
Black Beans  
Cheese & Cherries

## Add Protein Cooking Instructions

**CHICKEN** - While the pizza is baking in Step 4, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Chicken Breasts and, when the oil is hot, cook until crisp and brown, about 4 to 5 minutes on each side. Let rest for 5 minutes and cut into strips. Arrange on top of the pizza when it comes out of the oven.

If you added steak, we recommend serving it separately with salt & pepper. Cook in a skillet with 1 Tbsp oil over high heat to internal temperature of 145 (for medium doneness).

If you added shrimp, we recommend serving it separately with salt & pepper. Cook in a skillet with 1 Tbsp oil over medium-high heat to an internal temperature of 145 degrees.

## Good To Know

**If you're making the vegan version**, we've left out the cheese. Cook the kale and pizza separately, and bake the pizza with just the sauce, beans and cherries. Top it with the cooked kale and enjoy!

**Health snapshot per serving** – 575 Calories, 13g Fat, 24g Protein, 19 Smart Points

SCAN QR CODE  
to view  
YouTube  
cooking video



INGREDIENTS: Kale, Whole Wheat Pizza Dough, Black Beans, Barbeque Sauce, Gouda Cheese, Mozzarella Cheese, Dried Cherries, Granulated Garlic

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## 1. Getting Organized

Preheat your oven to 400 and take the **Pizza Dough** out of the refrigerator.

*Warming up your pizza dough is important! It makes it easier to roll.*

## 2. Bake the Kale

Put the **Kale** on to a rimmed baking sheet and drizzle with 2 Tbsp olive oil. Toss well, then arrange the kale in a single layer and bake for 10 minutes. Transfer to a plate.

*The kale will finish cooking on top of the pizza; so don't let it get fully toasted and browned.*

## 3. Prepare the Pizza Dough

Once the kale is cooking, shape your pizza dough. Sprinkle your counter with a little flour and stretch the dough into shape. The size and thickness are up to you, but we target about ¼" thickness. We usually make two-person pizzas (even if we're making the 4-serving size) and ours are about 8" wide and 14" long, but you can make yours however you like.

*Sprinkling your counter with flour is important. It keeps the dough from sticking.*

## 4. Bake the Pizza

Put the pizza on to the now-empty baking sheet. Spread some of the **Barbeque Sauce** over the pizza. (Use just as much as you need. Too much will make the crust soggy.)

*We line our baking sheets to make clean up a breeze.*

Top with the **Black Beans** and cooked kale. Sprinkle the **Cheese & Cherries** on top and bake until the crust is golden and the cheese is melted, about 15 to 20 minutes. Enjoy!

*Keep an eye on the pizza as it cooks. If the kale is turning too brown, turn the heat down.*

*Love this recipe? #meezmagic*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**