

FAMILY AFFAIR

"Cooking with my boys is a fun way to spend time together," says Kovel, with sons Lucian, 7, and Theo, 2. "Giving them simple jobs, like grating cheese or spreading the sauce, gets them involved."



TOP IT OFF

Think really-good-for-you pizza is just pie in the sky? Brooklyn mom and *Martha Stewart Living* food editor-at-large Anna Kovel delivers healthy options—whole-wheat crust studded with seasonal vegetables and lean proteins—that will please grown-up palates and picky little eaters.

RECIPES BY ANNA KOVEL
PHOTOGRAPHY BY MARCUS NILSSON

Turkey Sausage
with Orange Peppers
and Arugula



PREP SCHOOL Making their own pies is a great way to expand kids' palates. "I'm always amazed at how they'll nibble on ingredients they might not otherwise eat when we're all cooking together," Kovel says. "Chances are, if it's on top of a pizza, my boys will try it!" Have ingredients cut and ready in small bowls so they can mix and match, and taste, as they go.

PIZZA-MAKING POINTERS

For perfect pies, follow these foolproof tips.



1 MAKE AND SHAPE THE DOUGH Homemade dough takes just 15 minutes to make but at least 2½ hours to rise. If you won't be able to tend to it, mix up a batch in the morning and let it rise slowly in the fridge (8 to 12 hours). Dough balls can be wrapped separately and frozen for up to three months.

To shape the dough, pat it flat with your hands. Pick up the dough and rotate your hands around the edge to create a circle.

Place the round over the tops of your knuckles, and pull gently to stretch it into a 10- to 12-inch pie. Continue until you've stretched it very thinly—that's what makes it crispy. (If it breaks, simply pinch it together with your fingers.)

2 SPREAD THE SAUCE Place the dough onto parchment paper and put a dollop of sauce in the center. Start with less than you think you need—otherwise your pie will be soggy—and use the back of your spoon to distribute. If using pesto, simply dot spoonfuls around the dough.

3 LAYER THE TOPPINGS If using delicate greens like spinach, start with those. Otherwise, sprinkle a layer of cheese first, but go easy so the other ingredients shine. Next add any fresh herbs, seasonal produce, and proteins you like. Drizzling olive oil over fresh vegetables will ensure they roast nicely. You can also turn leftovers into toppings; try cooked greens, veggies, and cooked meats (sprinkle with a little more cheese so they don't dry out during baking).



Broccoli and Cheese



BREAKING THE RULES

Use these recipes as inspiration to create your own combinations. The most delicious ones can be the simplest; stick with two to three toppings, plus cheese. Ingredients you use on salads and pastas are good matches. For best results, balance earthy (like mushrooms and broccoli), salty (anchovies and olives), and sweet (onions and bell peppers) flavors.

Yellow Tomatoes with Basil



Anchovies with Red Onion and Oregano





Sunny-Side-Up Egg with Herb Garden Pesto



HOLD THE PEPPERONI When it comes to protein, think lean. Eggs are a surprisingly delicious option. Other proteins to try include sardines, clams, or prosciutto. Or add protein and heart-healthy fats to the pesto by making it with 1/4 cup walnuts or pine nuts.



SWEET STUFF "Think of pizza as a blank slate for what's in season," Kovel says. That includes fruit: Her backyard fig tree inspired this Mediterranean dessertlike pie. Also try a stone-fruit version with cherries, peaches, or plums, and basil or mint.



Fresh Figs with Ricotta, Thyme, and Honey



PIES THAT PLEASE

Reinvent the (pizza) wheel with these simple, wholesome recipes that beat dialing up the delivery guy.

THE DOUGH

Whole-Wheat Pizza Dough

MAKES SIX 10- TO 12-INCH PIZZAS

Substitute spelt flour, a lower-glycemic alternative, for the total combined amount of flour and wheat germ.

- 1 envelope dry active yeast
- 2 cups warm water
- 2½ cups all-purpose flour, plus more for dusting surface
- 2 tsp coarse salt
- 2 cups whole-wheat flour
- ½ cup toasted wheat germ

Extra-virgin olive oil, for bowl

1. Dissolve yeast in water in a large bowl and let stand, 5 minutes. Stir in 2 cups all-purpose flour and salt. Stir in whole-wheat flour and wheat germ, then remaining all-purpose flour, 1 Tbsp at a time, until dough comes away from bowl but is still sticky.
2. Turn out onto a lightly floured work surface, and knead, until it's smooth and elastic and springs back slowly when poked, about 10 minutes.
3. Place in a lightly oiled bowl, turn to coat. Cover, and let rise in a warm place until it doubles in volume, about 2½ hours.
4. Cut dough into six portions. Roll into balls, cover, and let rest 30 minutes before stretching for pizza.

THE SAUCES

Fresh Tomato Sauce

MAKES ABOUT 4 CUPS
(ENOUGH FOR 16 PIZZAS)

Use whatever type of tomatoes you like: juicy heirlooms, meaty plums, or sweet yellows.

- 4 Tbsp extra-virgin olive oil
- 1 large yellow onion, finely chopped
- 4 cloves garlic, chopped
- 2 medium carrots, finely chopped
- 3 lb ripe tomatoes, chopped, juices reserved

Coarse salt and freshly ground pepper

- 1½ tsp dried oregano
- 8 fresh basil leaves, torn if large

1. Heat oil in a saucepan over medium heat. Add onions, garlic, and carrots and cook until tender, 8 to 10 minutes. Add tomatoes and their juices, a pinch of salt, oregano, and basil; bring to a simmer.
2. Reduce heat to low and cook, stirring occasionally until sauce is thick, about 1 hour. Purée in a food processor, if desired. Season with salt and pepper.
3. Let sauce cool to room temperature before using on pizza. (Refrigerate for up to a week, or freeze for up to two months.)

Herb Garden Pesto

MAKES ¼ CUP
(ENOUGH FOR 2 PIZZAS)

- 1 clove garlic
- Pinch coarse salt
- ¼ cup fresh mint leaves
- ¼ cup fresh basil leaves
- ¼ cup fresh sliced chives
- ¼ cup freshly grated Parmesan
- 3 Tbsp extra-virgin olive oil

In a mortar and pestle, mash garlic with salt; pound herbs to a paste and stir in cheese and oil. (In a food processor, double the recipe and pulse.)

THE CHEESE

Simple Three-Cheese Blend

MAKES ABOUT 6 CUPS

Cheddar, Monterey Jack, or provolone all work in place of the fontina.

- 4 cups freshly grated mozzarella
- 2 cups freshly grated fontina
- ¼ cup finely grated Parmesan

THE PIZZAS

TO ASSEMBLE AND BAKE 1. Place pizza stone or inverted baking sheet on rack in top third of oven. 2. Heat oven to 450°. 3. Transfer stretched dough to parchment. 4. Spread sauce on dough and top with ingredients: Aim for ¼ cup sauce (or just 2 tablespoons of pesto), ½ cup cheese, ½ cup chopped vegetables, and 4 oz cooked protein (if using). 5. Transfer to oven: Slide parchment onto stone or baking sheet. Bake for 13 to 15 minutes, until cheese is bubbly and bottom is crisp.

Turkey Sausage with Orange Peppers and Arugula Spread sauce on dough. Scatter chopped garlic and cheese blend. Top with bell pepper slices and cooked sausage. Drizzle with olive oil. Top with arugula after baking. **PER SERVING:** 396 cal; 7 g fat (5 g sat fat); 62 mg chol; 43 g carbs; 1,073 mg sodium; 26 g protein; 5 g fiber

Broccoli and Cheese ♣ Top dough with chopped garlic and cheese blend. Scatter red onion, pitted Kalamata olives, and sliced broccoli florets. Season with salt and pepper; drizzle with olive oil. **PER SERVING:** 363 cal; 16 g fat (4 g sat fat); 184 mg chol; 43 g carbs; 994 mg sodium; 16 g protein; 5 g fiber

Yellow Tomatoes with Basil ♣ Spread sauce on dough. Add chopped garlic, fresh basil, red onion, and cheese blend. Top with cherry tomatoes. Season with salt and pepper; drizzle with olive oil. **PER SERVING:** 342 cal; 13 g fat (5 g sat fat); 18 mg chol; 43 g carbs; 646 mg sodium; 16 g protein; 5 g fiber

Anchovies with Red Onion and Oregano Spread sauce on dough. Scatter chopped garlic, fresh oregano, and red chili flakes. Top with anchovies, red onion, and grated Parmesan. Drizzle with olive oil. **PER SERVING:** 307 cal; 9 g fat (2 g sat fat); 14 mg chol; 42 g carbs; 922 mg sodium; 13 g protein; 5 g fiber

Sunny-Side-Up Egg with Herb Garden Pesto ♣ Dot dough with pesto. Scatter with scallion and cheese blend. Bake 10 minutes, then crack 1 egg on top of pizza, season with salt and pepper, and bake until egg sets and yolk is slightly runny, 5 minutes. **PER SERVING:** 422 cal; 21 g fat (6 g sat fat); 128 mg chol; 40 g carbs; 876 mg sodium; 20 g protein; 5 g fiber

Fresh Figs with Ricotta, Thyme, and Honey ♣ Dot dough with ¼ cup fresh ricotta cheese. Top with chopped fresh thyme and about 3 sliced fresh figs. Season with salt and pepper; drizzle with olive oil. Drizzle with 1 tablespoon of honey after baking. **PER SERVING:** 338 cal; 9 g fat (3 g sat fat); 10 mg chol; 58 g carbs; 505 mg sodium; 12 g protein; 7 g fiber

♣ **vegetarian**
no meat products

* ALL NUTRITIONAL INFO IS APPROXIMATE. ONE SERVING IS HALF A PIZZA

