



A Recipe from



DR. SINATRA'S
**GLUTEN-FREE MEDITERRANEAN
VEGGIE PIZZA**

Rich in flavor and [Mediterranean goodness](#), this [gluten-free](#) pizza is made with heart-healthy [olive oil](#), protein-rich nuts, and colorful, [fiber-rich vegetables](#) that will sustain you for hours. Feel free to add chicken or shrimp on top if you want extra protein. Yield: 1 pizza (8 slices)

For the crust:

½ cup brown rice flour, plus a little extra for dusting
½ cup whole grain sorghum flour
½ cup almond meal
¼ cup ground flaxseed
½ teaspoon salt, Celtic or sea
¼ teaspoon garlic powder
2 tablespoons filtered water
3 tablespoons extra-virgin olive oil

For the topping:

2 to 4 tablespoons extra-virgin olive oil
½ red [onion](#), thinly sliced
1 cup chopped [red bell pepper](#)
1 tablespoon oregano, fresh or dried, chopped finely
1 small zucchini, sliced into thin strips
6 asparagus spears, sliced into 1" rounds (optional)
2 cloves garlic, chopped finely
1 cup Portobello mushrooms, chopped into ¼ inch cubes
Dash each of cayenne and black pepper
3 tablespoons chopped black olives
1 cup shredded mozzarella
4 ripe tomatoes, thinly sliced (or use sun-dried tomatoes if preferred)
1 cup grated Parmesan cheese

Preheat the oven to 400°F (200°C, gas mark 6)

To make the crust: Combine all the crust ingredients in a bowl and mix thoroughly. Cover the dough and refrigerate overnight, or about 8 to 12 hours. The next day, remove the dough from the refrigerator and let it sit at room temperature for 1 hour before using. Prepare the surface of a baking sheet with a light rub of coconut or olive oil. Lay a few overlapping pieces of waxed paper on a countertop to cover a large rolling area and lightly dust the surface with brown rice flour. Place the dough on top. Dust a rolling pin with more flour and roll the dough into 1/8 inch thick layer to fit the size of your baking sheet. Reshape and patch rolled areas as needed. To transfer the dough to the baking sheet, lay the sheet face down on top of the dough. Slide one hand underneath the waxed paper and place the other hand on top of the baking sheet. Quickly flip the two over and peel away the waxed paper. Bake for 20 minutes.

To make the topping: In a large saucepan, heat 1 to 2 Tbsp oil over medium heat. Add the onion, pepper, and oregano and sauté for 5 minutes. Stir in the zucchini, garlic, mushrooms, and (optional) asparagus, and sauté for 5 more minutes. Remove from the heat and add the cayenne and black peppers. When the crust is ready, remove from the oven and evenly spread the black olives and remaining 2 to 4 Tbsp olive oil over it. Sprinkle mozzarella over the crust. Top with the tomatoes. Layer the cooked vegetables on top and sprinkle with Parmesan and mozzarella cheeses. Bake for 10 minutes, or until the cheeses melt and brown slightly. Cut into slices with a pizza roller and serve hot with a tossed green salad or refrigerate and serve cold.