



**Recipe for:  
Butternut Squash & Sage Pizza  
by Tracy Knight, Owner  
Skinny South Incredible Treats, Inc**

**Butternut Squash & Sage Pizza**

Oven Preheat to 400 degree Fahrenheit  
Serves: 4

**Ingredients**

2 TBSP olive oil  
2 Shallots, finely chopped  
1 butternut squash, peeled, seeded and cubed (about 1 pound) 1" cubes  
16 sage leaves or one packet found in the produce section; and cut in long halves  
1 jar of 365 chunky Spaghetti sauce or 2 x14 oz cans chunky tomato sauce  
4 ounces mozzarella cheese, sliced  
4 ounces feta cheese  
salt and pepper, freshly ground  
One large 365 plain pizza crust (quick version, instead of making your own)

**Utensils needed:**

1 large skillet  
1 stone for pizza  
brush  
1 tbsp  
sharp knife

**Directions**

1. Preheat oven to 400 degrees
2. Stove for Pizza is best (no oil needed to go onto stone)
3. Put the butter and oil, heat in oven for a few minutes then add the shallots, squash, sage leaves in a roasting pan, toss to coat in to oil and butter, and roast for 15-20 minutes until tender
4. Raise the oven temp to 425
5. lay out 365 pizza crust
6. brush the olive oil onto crust
7. spoon out the Spaghetti sauce, leaving 1/2 inch edge all around
8. Put Squash/Sage mixture on top then top
9. Add the mozzarella and the feta cheese
10. Add the rest of the uncooked sage (left in the packet) onto the top
11. Season with salt and pepper
12. Bake 15-20 minutes until golden

**Gluten Free Dough:**

3 cups gluten free flour blend: 2 cups of brown rice flour, 1 cup tapioca & 1/2 tsp xanthan gum  
1 tsp salt  
1/2 tsp baking powder  
3 Tbsp sugar, divided  
1 Tbsp yeast  
1 1/4 cup warm water, divided  
1 Tbsp olive oil

**Directions**

1. In a small bowl, combine yeast and 3/4 cup warm water - about 110 degrees. Hot kills yeast. Let set for 5 minutes to activate. Sprinkle in 1 Tbsp of the sugar 2 minutes into the set time.
2. In a separate bowl, combine gluten free flour blend, salt, baking powder and remaining 2 Tbsp sugar. Whisk til smooth
3. Make a well in the dry mixture and add the yeast mixture. Add the olive oil and additional 1/2 cup warm water before stirring. Then stir it all together until well combined, using a wooden spoon

Lightly coat a baking sheet or pizza stone with non-stick spray.

Dough on stone and use hands to work it out with rolling pin flatten to edges thin out to 1/4 inch thickness  
cooks for 30 minutes until it cracks. Take out and put ingredients on it



**Recipe for:  
Winter Vegetable Side Dish  
by Tracy Knight, Owner  
Skinny South Incredible Treats, Inc**

Winter Vegetable Side Dish

Preheat the Oven to 400 degrees

Ingredients

1 apple, cut in 1 ½" cubes  
1 purple onion, large sections  
1 sweet potato, cubed 1"  
2 cups of butternut squash, cubed 1"  
1 heirloom tomato, 1" cubes  
1 tbsp olive oil  
2 garlic cloves, finely chopped  
8 sage leaves, cut in half longways  
Salt and pepper, fresh ground to taste  
365 flat bread (Naan bread )

Utensils

Knife  
cutting board  
tbsp  
skillet

Directions:

1. Preheat oven to 400 degree F
2. Put the garlic, olive oil into skillet. Place into oven a few minutes
3. On the stove top, heat an eye over Medium or 5
4. Take the skillet out of the oven
5. Put on stove top and Add the apple, purple onion, sweet potato and squash and saute until tender
6. Add the Tomato and sage half way through the cooking process
7. Add Salt and Pepper

Serve with flat bread

Serves 4