

Sausage and Arugula Skillet Pizza

-2 sweet Italian sausages or
6 ounces sweet Italian
sausage
-1 tablespoon plus 1
teaspoon extra-virgin olive
oil
-3/4 pound store bought or
homemade pizza dough
-3 whole peeled canned
tomatoes, crushed
-1 tablespoon tomato paste
-2 garlic cloves, minced
-1/4 teaspoon salt
-1/4 teaspoon red-pepper
flakes
-Fresh Grande mozzarella
cheese - thinly sliced
-arugula

1. Preheat oven to 500 degrees.
2. Remove sausages from their casings. All you have to do to remove the sausage from it's casing is to cut a slit down the length of the sausage and then peel it open and remove the sausage.
3. You are going to literally push and tear it out of its casing. You might have some casing left on the sausage, but it doesn't matter.
4. Sauté the sausage over high heat until just cooked through, about 3 to 4 minutes, breaking it up into bite-size pieces.
5. Remove the cooked sausage with a slotted spoon and set aside on a paper towel lined plate to absorb the grease.
6. Slice up your mozzarella, mince up your garlic & toss up your arugula with a splash of olive oil and set aside.
7. Put the 3 peeled tomatoes into a small bowl.
8. Crush the tomatoes with a fork and your fingers if needed. Don't be afraid to get your hands messy.
9. Add the 1 tablespoon tomato paste, 2 minced garlic cloves, 1-tablespoon olive oil, 1/4-teaspoon salt and 1/4 teaspoon red pepper flakes to the crushed tomatoes, mix them all together.
10. Brush a 12-inch cast iron skillet with 1-teaspoon olive oil. Press dough flat in the skillet, spreading to the edge.
11. Spread the tomato mixture over the dough.
12. Cook over medium-high heat until the bottom of dough is golden brown. The recipe called for 3-4 minutes but mine took more like 5 minutes. We like ours a bit more browned.
13. To check the dough, just take a spatula and lift up the side of the dough to see the bottom.
14. Once the pizza crust is browned on the bottom, transfer the pizza to the preheated oven and bake for 3 minutes.
15. After 3 minutes, remove the pizza from the oven and scatter the mozzarella and sausage on top.
16. REMEMBER TO WEAR AN OVEN MITT WHEN TOUCHING THE CAST IRON PAN AS ITS HOT!
17. Pop the pizza back in the oven.
18. Cook the pizza for about 8-10 more minutes until the edge of the crust is golden brown. Slide the pizza out of the cast iron skillet onto a cutting board. Garnish pizza with the fresh arugula.

Nutritional Facts: 1989 Calories, 229g Carbs, 71g Fat, 85g Protein, 3471mg Sodium, 14g Sugar