

## *Spelt Pizza with Parsnip & Sweet Yams*

**Prep Time: 10 minutes**

**Bake Time: 20-25 minutes**

**Oven Temp: Preheat to 425°F**

1 ball (400 g) **Ontario Natural Spelt Pizza Dough**

½ jar (450 mL) tomato sauce

1 large sweet potato

2 medium parsnips

½ mozzarella ball

5-6 slices Muenster cheese

A handful of parsley

2 cloves fresh garlic

Sea salt

Sunflower oil

### **INGREDIENT PREPARATION**

Thaw **Ontario Natural Spelt Pizza dough**.

Roll out to desired size - larger for thin crust.

Peel and slice parsnips and sweet potato.

Peel and slice garlic. Chop parsley and grate the mozzarella. Set aside.

Fry parsnip slices in sunflower oil and season with sea salt. Fry sweet potato slices in sunflower oil and season with sea salt. Set both aside.

### **ASSEMBLY**

Spread tomato sauce 1" away from edges of dough. Place parsnip and sweet potato slices. Toss on the garlic. Add the grated & sliced cheeses and drizzle sunflower oil if you like.

Place pizza on the bottom rack of the oven to bake. Bake for 20 minutes. Garnish with fresh parsley before serving.



Recipe and food styling by  
Stacey Fokas, Freshalicious.



Please visit [OntarioNatural.ca](http://OntarioNatural.ca) for full product listing and great recipe ideas.