



Garlic, Sausage & Kale Naan Pizzas

Ingredients *Serves 4*

12 ounces 93%-lean ground turkey	1 tablespoon red-wine vinegar
3 tablespoons extra-virgin olive oil, divided	2 8-inch whole-grain naan breads or whole-wheat pitas
3 cloves garlic, thinly sliced	¼ teaspoon kosher salt, divided
1 teaspoon fennel seeds	¼ teaspoon crushed red pepper, or to taste
1 teaspoon paprika	¾ cup mini mozzarella balls, such as mozzarella “pearls”
8 cups lightly packed prechopped kale or baby kale	

Preparation *Total Time: 20 minutes*

STEP 1: Position rack in upper third of oven; preheat broiler to high.

STEP 2: Heat 2 tablespoons oil, garlic, and crushed red pepper in a large nonstick skillet over medium-high heat. As soon as the garlic starts to sizzle, add turkey, fennel seeds, paprika, and 1/8 teaspoon salt. Cook, breaking up the turkey with a wooden spoon, until it is almost cooked, 2 to 3 minutes. Add kale, vinegar, and the remaining 1/8 teaspoon salt; cook, stirring, until the kale is wilted and the turkey is no longer pink, 2 to 3 minutes more. Remove from heat.

STEP 3: Place naan (or pitas) on a large baking sheet and brush with the remaining 1 tablespoon oil. Top with equal portions of the turkey mixture and mozzarella.

STEP 4: Broil until the cheese is melted and the edges are starting to brown, 2 to 4 minutes. Cut in half.

Nutrition *Per Serving*

498 Calories, Total Fat: 28 g, Saturated Fat: 8 g, Cholesterol: 86 mg, Carbohydrates: 33 g, Fiber: 6 g, Total Sugars: 1 g, Added Sugars: 0 g, Protein: 30 g, Sodium: 718 mg, Potassium: 396 mg, Folate: 54 mcg

Calcium: 300 mg