

Fresh Corn , Okra and Crookneck Yellow Squash Pizza

Center for Ecoliteracy -
Cooking with California Food

*Flavor Profile: African
Two 14-inch Pizzas*



This flavorful, easy-to-make pizza topping reflects two of summer's colorful vegetables—okra and corn. Any color corn may be used.

Ingredients:

2 tablespoons canola oil
(2 Andouille sausages, sliced on the diagonal about 1/3 inch thick)*
1 cup sliced fresh okra, about 3/4-inch pieces
1 ear fresh corn, shucked and kernels removed

Directions:

In a small frying pan over medium-high heat, heat the oil. When it is hot, saute the sausage and the okra until the sausage is lightly browned and the okra turns golden, about 4 minutes. In a bowl, combine the sausage and okra with the corn and mix. Place the topping on two prepared 14-inch pizza crusts and bake, following the baking instructions for pizza crust.

*Suggestion: Omit the sausage and add additional vegetables in season, such as a sliced or diced crookneck yellow squash, to make a vegetarian pizza.