

PLANT-BASED PAIRING: 2019 MORETTA VEDETTE CINSULT

Grape Varietals: 100% Cinsault

Brilliant ruby red with notes of red fruits such as raspberry and pomegranate, mixed with notes of flowers and white pepper. On the palate, it is a light and easy drinking wine, with great freshness and acidity.

Pairs well with grilled vegetables, Thai curry, samosas, pizza, and fresh fruit.

SPINACH AND ARTICHOKE PIZZA RECIPE BY POWERED BY PLANTS CONSULTING



What is better than pizza and wine?

You can feel good about this recipe because the topping mixture is packed with a variety of macro and micro nutrients. This selection is easy to drink and perfect for pizza night!

Ingredients: (Gluten-free if using GF pizza crust)

- 1/2 cup cashews
- 1 15 oz. can Cannellini beans (large white beans), rinsed and drained
- 1/4 cup water
- 2 tablespoons nutritional yeast
- 1 tablespoon fresh lemon juice
- 1-2 tbsp. of olive oil (you can always replace oil with vegetable broth for an oil-free option)
- 1 onion, diced
- 5 cups fresh spinach, divided 2 cups/3 cups
- 2 cloves of garlic, minced
- 1 15 oz. can artichoke hearts, drained well and quartered (can also use jarred in water or frozen and thawed)
- salt (1 tsp. or to your taste)
- black pepper (pinch)
- red pepper flakes (pinch or more depending on your level of heat)
- Store-bought pizza dough, pizza dough made from scratch, or ready-to-go pizza crust of choice
- 1/2 cup vegan mozzarella shreds

Instructions:

- Soak cashews in a bowl of hot water for 20 minutes to soften.
- Rinse and drain the canned beans and put them in a blender or food processor together with the water, nutritional yeast, drained cashews, and the lemon juice. Blend until smooth and set aside.
- Heat oil in a large pan and sauté the onion for about 5 minutes until they become translucent. Add the garlic and 2 cups of the spinach and cook together for 3 minutes. Stir in the blended white bean and cashew mixture. Season with salt, pepper, and red pepper flakes.
- Preheat the oven to 350 °F
- Evenly spread mixture on the pizza dough. Cut the artichoke hearts in quarters and put them on the pizza together with the remaining spinach. Sprinkle with the vegan cheese.
- Bake the pizza for 10-12 minutes. It really depends on the crust that you use. I usually par-bake my crust for 5-8 minutes before adding toppings and then cook for the additional 10-12 minutes.