Pork, Mushroom and Arugula Galette

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Yield: Serves 6   **Cooking Time:** 20 minutes   **Preparation Time:** 15 minutes

Ingredients

1 tsp (5 mL) margarine
1 cup (250 mL) diced onion
2 cups (500 mL) sliced mushrooms
1/2 tsp (2 mL) dried thyme leaves
1/2 tsp (2 mL) dried rosemary leaves
1 clove garlic

1 tsp (5 mL) low-sodium soy sauce
1 cup (250 mL) diced cooked peameal bacon
1/2 cup (125 mL) 2% cottage cheese
2 eggs, beaten
7 oz (200 g) pizza dough
1/2 cup (125 mL) baby arugula

Nutrition Facts per 1 serving (1/6 of recipe): 156 calories | 13 g protein | 5 g fat (2 g saturated fat;0 g trans fat; 77 mg cholesterol) | 14 g carbohydrate (1 g fibre; 3 g sugars; 0 g added sugars) | 575 mg sodium | 275 mg potassium

Cooking Instructions

1. Preheat the oven to 425°F (218°C).
2. Heat margarine in a medium saucepan over medium-high heat. Stir in onion and cook for 5 minutes. Stir in mushrooms, thyme, rosemary, garlic and soy sauce, and cook for an additional 5 minutes or until liquid has evaporated and the mushrooms and onions are well browned. In a medium bowl stir together the mushroom mixture, peameal bacon, cottage cheese and 1 egg.
3. Roll out the pizza dough and cut into a 10-inch round on a parchment-lined baking tray. Spoon the pork-mushroom filling into the centre of the dough and fold up the sides. Brush the exposed dough with the remaining egg. Bake for 20 minutes or until the crust is golden brown. Let the galette rest for 5 minutes before serving. Sprinkle baby arugula on top to garnish, cut into 6 slices and enjoy with a delicious side salad or sliced vegetables for a full lunch.