



Photograph by Ellen Silverman. Recipe from Eat Complete: The 21 Nutrients that Fuel Brainpower, Boost Weight Loss, and Transform Your Health (HarperWave, 2016). Copyright © Drew Ramsey, MD.

# Rocket Pie SERVES 4

Feed your brain and tone your body with pizza? The fresh arugula, a.k.a. “rocket,” that tops this pie adds a spicy bite to a rich, savory base. Clams contain more vitamin B<sub>12</sub> than any other food and deliver protein, iron, and iodine. Higher levels of B<sub>12</sub> in your blood mean a bigger, healthier brain as you age. You can pull this recipe off in just minutes by using dough from the freezer section in your grocery store and swapping out the fresh clams for jarred. Remember to place the dough in your fridge the night before to gently defrost.

½ pound clams, well rinsed under cold running water	¼ teaspoon salt	½ cup grated pecorino Romano cheese
6 tablespoons olive oil	2 cups packed kale leaves	1 cup baby arugula or microgreens
2 garlic cloves	½ pound frozen pizza dough (whole wheat or gluten- free), defrosted	

Preheat the oven to 450°F.

Partially fill a large stockpot with 3 inches water and bring to a boil over high heat. Add the clams, cover, and cook for 2 to 3 minutes or until the shells open and the clams are cooked through inside. Drain and pull the clam meat from the shells. Chop the clams and set aside.

Place the olive oil, garlic, and salt in a food processor and pulse until finely chopped. Add the kale and pulse again until a chunky mixture forms.

Roll out the dough and place it on a pizza pan or baking sheet. Top with the kale mixture and, using the back of a spoon, spread it almost to the edges of the dough. Sprinkle with the clams and cheese. Bake for 15 to 20 minutes until the edges are cooked and golden. Remove from the

oven and sprinkle with the arugula. Serve immediately.

**NUTRITIONAL STATS PER SERVING (2 THIN SLICES):** 408 Calories ❀ 17g Protein ❀  
30g Carbohydrates ❀ 26g Fat (5g Saturated) ❀  
26mg Cholesterol ❀ 0g Sugars ❀ 1g Fiber ❀  
759mg Sodium

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Vitamin B<sub>12</sub> = 276% ❀ Vitamin C = 60% ❀  
Protein = 37% ❀ Selenium = 36% ❀ Iodine = 25%