

The Perfect Way To Unwind

Movie Night: The Ultimate Evening In

(NAPS)—Friday nights are great for an evening in and even better with a movie. Whether it's with family, friends or solo, there are a few essentials that will turn regular old movie night into the ultimate movie night.

The right movie

It's all about the movie. Figure out ahead of time who's going to be there and choose a movie based on your audience.

- Family night—animation
- Girl's night—a chick flick
- Couple's night—a romcom
- Guy's night—a thriller

The right ambience

Comfort is key. Be sure to have plenty of throw pillows and blankets. Dim the lights as low as possible and use a few votive candles to create the mood.

The right menu

Food and drink are all-important. Why watch a movie without good things to eat? Be sure to select a menu that allows you to prepare everything in advance so all you have to do is pop things in the oven. If you're watching an Italian-themed movie, consider an Italian menu.

Here are a few quick and delicious ideas:

- Have a selection of wine on hand and beer on ice and don't forget something nonalcoholic.
- Pizza is ideal and it pairs perfectly with beer and wine. Forget about ordering in—it's always cold and who wants the pizza guy showing up in the middle of your movie? Plan ahead, make it yourself and serve it with a simple salad—it's easy (see recipe).
- Something to nosh on while the pizza is in the oven? Try mixing 4 ounces of roasted salted almonds or roasted salted cashews with 1 (6-oz.) can of Lindsay Naturals Green Ripe Olives, drained with one tablespoon of extra virgin olive oil. Toss and enjoy.
- What's a movie without popcorn, either store-bought or microwaved—it doesn't matter as long as you have it.
- Top it all off with something sweet—cookies, ice cream or cupcakes are sure to satisfy every sweet tooth.



Here's a recipe for a great evening in: homemade pizza and a movie.

Pizza with Green Olives, Caramelized Leeks, Goat Cheese and Arugula

At a Glance:

Prep Time: 40 minutes, plus time for dough to refrigerate overnight and to rise

Cook Time: 50 minutes

Servings: 4

Ingredients:

- 2 tablespoons warm water (105 to 115° F)
- ½ teaspoon active dry yeast
- 1⅓ cups all-purpose flour, plus more for the work surface
- ⅓ cup whole wheat flour
- ½ cup cool water (65° F to 70° F)
- ½ teaspoon salt, plus more to taste
- 4 tablespoons butter
- 2 pounds leeks, dark green parts trimmed, white and light green parts cut into ½-inch slices
- 1½ teaspoons chopped fresh thyme (optional)
- Black pepper, to taste
- 6 tablespoons crumbled goat cheese
- ¾ cup halved Lindsay® Naturals California Green Ripe Olives
- 2 cups baby arugula leaves (about 1 ounce loosely packed)

Directions:

Combine warm water and yeast in large bowl of stand mixer fitted with dough hook; let stand until yeast dissolves, about 15 minutes (mixture might not be foamy).

Add flours, cool water and salt; mix on medium-low 4 minutes. Let rest 5 minutes, then mix on medium-low until dough is smooth, elastic and slightly sticky, about 3 minutes.

Lightly oil medium bowl. Transfer dough to prepared bowl; turn to coat with oil. Cover bowl with plastic wrap and let rest at room temperature 30 minutes. Refrigerate overnight or for up to 2 days.

Transfer dough to counter-top and let rise, covered, about 2 hours.

Meanwhile, in large skillet over medium heat, melt butter. Add leeks and cook, stirring occasionally, until starting to soften, about 5 minutes. Reduce heat to very low and cook, stirring occasionally, until leeks are golden in spots and very tender, about 30 minutes. Add thyme and salt and pepper to taste; set aside to cool.

Preheat oven to 500° F, ideally with pizza stone.

On lightly floured surface, roll or stretch dough into a 12- to 14-inch round. Transfer to pizza pan or flour-dusted pizza paddle; top with leek mixture, cheese and olives. Transfer to oven and bake until golden and crisp, 10 to 12 minutes.

Scatter arugula over pizza, cut into wedges and serve.

Nutrients Per Serving:

Calories: 443

Calories from fat: 154

Total fat: 17.8g

Monounsaturated fat: 5.4g

Cholesterol: 34.9mg

Sodium: 588mg

Total Carbohydrates: 62.7g

Dietary fiber: 5.4g

Protein: 10.4g

Tips:

If you'd like, substitute your own favorite pizza dough recipe or use 12 to 16 ounces of prepared dough.

Try this pizza with caramelized onions instead of leeks and with other types of cheese—feta, mozzarella or Parmesan would be delicious.