

Market District Demo Recipes

Entrée



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

Mediterranean Pizza

Serves: 4

Modified from: www.SimpleVeganista.com

Items Needed: cutting board, kitchen knife, measuring cups, baking sheet, spoon, pizza cutter, can opener, colander

Ingredients:

- 1 prepared pizza crust (such as Boboli brand or something similar)
- 2 cups spinach, chopped
- 1 cup chopped eggplant
- 1/3 cup sliced black olives
- 1/2 small red onion
- 1 tomato, sliced
- 3/4 cup low sodium canned chickpeas, drained and rinsed
- 1/3 cup low sodium pizza/spaghetti sauce
- 3/4 cup part skim mozzarella cheese
- Pinch of red pepper flakes
- 6-7 large basil leaves

Directions:

1. Preheat oven according to package directions.
2. Place pizza crust on a large baking sheet.
3. Begin layering the pizza ingredients on the crust, starting with the sauce, then the chopped spinach, then the mozzarella, then the eggplant, tomato slices, olives, chickpeas and finally the red onion. Give a good sprinkle of red pepper flakes. Place pizza in the oven and cook for 10-15 minutes, or until the crust is brown.
4. Once done, add the basil over top and let cool a few minutes. Cut into 8 slices, serve warm.

Nutrition Information (per 2 slices of pizza):

Calories: 425 Fat: 11 g Carbs: 66 g Protein: 18 g Fiber: 5 g Sodium: 848 mg