

Hummus Tortilla Pizza

Prep Time 15 min, Cook Time 15, Serves 2 ●●



INGREDIENTS

- 1 cup oil-free hummus
- 2 whole-grain (or brown rice)
- 10" tortilla shells of choice

Toppings

- ¼ cup mushrooms, sliced
- ¼ cup tomatoes, diced
- ⅓ cup olives, sliced (optional)
- ⅓ cup bell peppers, sliced
- ⅓ cup red onion, thinly sliced
- ½ tablespoon garlic, finely chopped

Spices

- ½ tablespoon basil, chopped
- ½ teaspoon thyme, chopped
- Freshly ground black pepper, to taste
- Red pepper flakes, to taste

DIRECTIONS

1. Preheat oven to 400°F. Prep oil-free hummus and pizza toppings for placement on tortillas.
2. Place tortillas on a baking sheet lined with parchment paper. Bake for 7 to 9 minutes, until just crispy and golden (watch, they can turn from golden to burnt quickly).
3. Remove and let cool on baking sheet.
4. Spread ½ cup of hummus on cooled tortilla (start from around the edges rather than in the center to prevent pizza from getting soggy in the middle) then add topping of choice on pizza.
5. Return to the oven immediately (tortilla will become soggy otherwise) and bake for an additional 7 to 10 minutes, just to heat through toppings.
6. Remove and slice. Sprinkle with chopped spices (basil, thyme and pepper) and serve.

» Notes

Recipes for oil-free hummus can be found in the Snacks section. Olives are a high calorie density food and should be avoided by those who want to lose weight.

A variety of vegetables can be used for the pizza. Remember that moist vegetables will release water when baking and can make your pizza soggy. Choose vegetables that release little juice, or pre-roast to concentrate the vegetables. It is fine to use some wetter vegetables (e.g. tomatoes, mushrooms) when combined with other toppings that are dried (e.g. sliced onions, chopped bell peppers, olives).