



Grilled Pizza with Spicy Hummus, Vegetables, Goat Cheese and Black Olives

 Vegetarian  Very Healthy

READY IN



235 min.

SERVINGS



4

CALORIES



1254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 teaspoons active yeast dry
- ☐ 1 tablespoon ancho powder
- ☐ 0.3 cup freshly basil leaves chopped
- ☐ 4 servings canola oil
- ☐ 2 teaspoons cayenne pepper
- ☐ 2 teaspoons coarse salt
- ☐ 3 cups chickpeas dried drained and rinsed canned cooked

- ☐ 0.5 cup goat cheese crumbled
- ☐ 0.3 cup ground cornmeal yellow finely
- ☐ 1 tablespoon honey
- ☐ 1 baby eggplant cut in 1/2 and grilled
- ☐ 0.3 cup kalamata olives black chopped
- ☐ 2 tablespoons juice of lemon
- ☐ 0.5 cup olive oil
- ☐ 2 tablespoons olive oil for oiling bowl
- ☐ 2 grilled peppers red cut into strips
- ☐ 6 cloves roasted garlic
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 6 grilled scallions thinly sliced
- ☐ 0.5 teaspoon sugar
- ☐ 3 tablespoons tahini
- ☐ 1.8 cups unbleached flour all-purpose
- ☐ 0.7 cup water lukewarm 105 degrees F to 115 degrees F
- ☐ 1 zucchini cut in half and grilled

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ plastic wrap
- ☐ grill

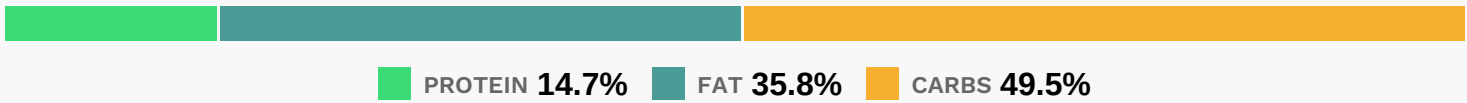
Directions

- ☐ Watch how to make this recipe.
- ☐ Place chickpeas, garlic, cayenne pepper, lemon juice, honey and tahini in the bowl of a food processor and process until smooth. With the machine running, slowly add the olive oil until

emulsified. Season with salt and pepper, to taste.

- ☐ Heat the grill to high.
- ☐ Brush both sides of the pizzas with oil and season with salt and pepper. Grill until golden brown on both sides, about 2 minutes per side.
- ☐ Top each pizza with the spicy hummus. Arrange any or all of the veggies on top of the hummus and top with the goat cheese. Season with salt, pepper and ancho powder.
- ☐ Place the bread back on the grill, close the cover and grill for 5 minutes to heat through.
- ☐ Remove and add black olives and fresh basil.
- ☐ In a large bowl stir together 1/3 cup water, yeast, and sugar and let stand until foamy, about 10 minutes. Stir in remaining 1/3 cup water, 2 tablespoons oil, 1 3/4 cups flour, cornmeal, and salt and blend until the mixture forms a dough. Knead dough on a floured surface, incorporating as much of remaining 1/4 cup flour, as necessary, to prevent dough from sticking, until smooth about 5 to 10 minutes. Form the dough into a ball.
- ☐ Lightly oil the sides and bottom of a large bowl with oil, add the dough, turn to coat in the oil, cover and let rise in a warm place until doubled in size, about 1 hour. Gently punch the dough down and divide into 4 equal pieces.
- ☐ Roll each piece on a lightly floured surface into a 10-inch circle that is 1/8-inch thick.
- ☐ Brush off excess flour and transfer the dough to a baking sheet, cover each circle of dough with plastic wrap and continue stacking rolled out pieces on top of each other. Wrap well with plastic wrap and refrigerate until ready to grill.

Nutrition Facts



Properties

Glycemic Index:137.84, Glycemic Load:48.12, Inflammation Score:-10, Nutrition Score:60.669999814552%

Flavonoids

Delphinidin: 48.41mg, Delphinidin: 48.41mg, Delphinidin: 48.41mg, Delphinidin: 48.41mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.51mg, Quercetin: 2.51mg

Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 1254.36kcal (62.72%), Fat: 51.32g (78.95%), Saturated Fat: 9.27g (57.95%), Carbohydrates: 159.68g (53.23%), Net Carbohydrates: 124.95g (45.44%), Sugar: 28.11g (31.23%), Cholesterol: 13.05mg (4.35%), Sodium: 1487.97mg (64.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.41g (94.81%), Folate: 984.58µg (246.15%), Manganese: 4.32mg (215.89%), Fiber: 34.72g (138.9%), Vitamin C: 101.42mg (122.93%), Copper: 1.95mg (97.65%), Vitamin B1: 1.31mg (87.28%), Phosphorus: 870.58mg (87.06%), Vitamin K: 85.41µg (81.34%), Vitamin A: 3678.43IU (73.57%), Vitamin B6: 1.44mg (72.1%), Iron: 12.77mg (70.93%), Magnesium: 249.22mg (62.3%), Selenium: 41.14µg (58.77%), Potassium: 2006.58mg (57.33%), Vitamin E: 8.45mg (56.33%), Zinc: 7.52mg (50.14%), Vitamin B2: 0.73mg (42.89%), Vitamin B5: 3.66mg (36.61%), Vitamin B3: 6.3mg (31.53%), Calcium: 279.03mg (27.9%)