



Baked Hummus Pizza

Easy and quick to prepare with artichokes, spinach with red peppers

Red Peppers Keep Vision Sharp; Chickpeas Add Eye Protecting Zinc

- 1/2 cup prepared roasted red pepper hummus
- 1 (27 oz.) 12-inch frozen firm crust cheese classic pizza
- 2 Tablespoons finely chopped red onions
- 1/3 cup marinated artichoke hearts, well drained' coarse chop
- 1/2 cup cherry or grape tomatoes, halved
- 1/4 cup shredded Parmesan cheese
- 1/4 to 1/2 fine chopped fresh baby spinach, stems removed
- 1/4 cup mild or hot red pepper relish, warmed

Preheat oven to 450 degrees F.

Have insulated cookie sheet available to remove baked pizza from oven.

Spread red pepper hummus over the top of the frozen pizza. Sprinkle with red onions, chopped artichoke hearts. Dot with cherry tomato halves; sprinkle with shredded Parmesan cheese.

Place pizza on oven rack in preheated 450-degree F oven for 15 minutes or until golden brown and bubbly.

Sprinkle baked pizza with chopped spinach leaves and drizzle with red pepper relish.

Cut into about 6 to 8 slices with kitchen scissors or pizza cutter. Serve hot.
Yield: serves 4

Cook's Note: I used Chicago's Home Run Inn frozen cheese pizza and Sabra roasted red pepper hummus to make it easier to prepare.

About the Recipe: Oh Wow! What a great gourmet vegetarian pizza! A frozen cheese pizza that is spread with a flavorful roasted red pepper hummus is an easy start. Just add some marinated artichokes, fresh cherry tomato halves, and a sprinkle of shredded Parmesan before it's trip to the oven. Top with fresh shreds of spinach and drizzles of red pepper relish. The flavor combination is unbeatable.