Pita Pizzas

Source: Source: 21-Day Weight Loss Kickstart by Neal Barnard, MD; recipe by Jason Wyrick of the Vegan Culinary Experience

This recipe has a savory flavor from the hummus, which makes an excellent alternative to cheese. Use leftover hummus or make a new batch if needed!

About the Recipe

404 Calories · 13.6 g Protein · 7.3 g Fiber
Lunch · Dinner
Nut-free

You can customize your pizza by adding a variety of baked toppings: thyme, green olives, roasted garlic, sun-dried tomatoes, roasted red peppers, cipollini onions, and fresh toppings: sliced basil, Roma tomatoes, Peppadew peppers, arugula

Ingredients

Makes 2 Servings

- 1 1/2 c (254 g) chickpeas
- 2 tbsp (30 mL) lemon juice
- 1/3 tbsp (5 mL) tahini
- 1 clove garlic
- 1/4 tsp (1.2 mL) ground black pepper
- 1/2 roasted red pepper **optional*
- 1/4 tsp (1.2 mL) ground cumin **optional*
- 1/2 cup (138 g) low-fat hummus
- 2 whole-wheat pitas
- 1/2 tsp (2.5 mL) ground black pepper
- Baked toppings: thyme, green olives, roasted garlic, sun-dried tomatoes, roasted red peppers, cipollini onions **optional*

- Fresh toppings: sliced basil, Roma tomatoes, Peppadew peppers, arugula **optional*

Directions

1. Place cooked chickpeas (if canned, drain and rinse) in a food processor or blender with lemon juice, tahini, garlic, and black pepper (for roasted red pepper version, add half of a water-soaked red pepper, roughly 1/2 c [78 g], and cumin). If more liquid is needed, add more lemon juice or water. Garlic, cumin, and black pepper can be adjusted for personal taste preferences.
2. Spread 1/4 c (69 g) hummus over each pita, except for the edge. Reserve any leftover hummus for future use. Sprinkle each pita with cracked black pepper. Add the baked toppings (these toppings are not baked before they go on the pizza; the name just refers to toppings that get baked on top of the pizza). As a variation, add pizza sauce instead of hummus.
3. Bake the pita pizzas at 350 F (177 C) for 7 to 8 minutes. Then spread any of the fresh toppings on the pizzas after they come out of the oven.

Nutrition Facts

Per serving (1 pizza)

Calories: 404
Fat: 1.5 g
    Saturated Fat: 0.2 g
    Calories from Fat: 3.3%
Cholesterol: 0 mg
Protein: 13.6 g
Carbohydrates: 84.7 g
Sugar: 6.8 g
Fiber: 7.3 g
Sodium: 629 mg
Calcium: 68 mg
Iron: 6.4 mg
Vitamin C: 20.7 mg
Beta-Carotene: 636 mcg
Vitamin E: 2.4 mg