



Caramelized Onion Pizza

Ingredients (Serves 4-6. Prep time: 40 minutes.)

1 ready to bake pizza crust	1/2 cup chopped roasted red pepper or grilled bell peppers
2 tablespoon olive oil	4 ounces goat cheese, crumbled
4 cups sliced yellow onions (about 3 medium onions)	2 ounces shredded provolone or mozzarella cheese
1 tablespoon minced garlic	1/4 cup chopped grilled chicken (optional)
2 tablespoon balsamic vinegar	

Preparation

To caramelize the onions, heat the olive oil in a large skillet over medium heat. Add the onions and garlic and cook over medium-low heat for about 20-30 minutes, stirring frequently, until the onions are very soft and lightly browned. Add the balsamic vinegar and cook a few more minutes, then remove from heat.

Preheat the grill to low-medium heat (or preheat your oven to 400°F).

Spread the caramelized onions evenly over the pizza crust. Top the onions with the chopped peppers, crumbled goat cheese, shredded provolone, and chicken if using. Bake for 10-15 minutes, making sure the crust does not burn. Remove from the grill or oven and let set 5 minutes before slicing.

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Ingredient checklist

PRODUCE

- Yellow onions
- Red bell peppers
- Garlic

GROCERY

- Ready-to-bake pizza crust
- Olive oil
- Balsamic vinegar

REFRIGERATED/FROZEN

- Provolone or mozzarella cheese
- Goat cheese

MEAT/SEAFOOD

- Chicken breast (optional)

Serving suggestion

A pesto pasta salad studded with olives, sliced tomatoes layered with fresh mozzarella cheese, and fresh baked or steamed artichokes all go well with this inspired pizza. The smoky flavor is enhanced by a full-bodied wine such as a Syrah.

Nutritional information per serving

330 calories	34 g. carbohydrate
16 g. fat	3 g. fiber
37 mg. cholesterol	14 g. protein
213 mg. sodium	

The nutritional values and information provided are approximations.