

Caramelized Onion Fig & Walnut Pizza

Ingredients:

- 12 in. Whole Wheat Pizza Crust (Thick)
- 1 Red Onion (Medium, Thinly Sliced)
- 2 tbsp. Extra Virgin Olive Oil
- 1/2 cup Fresh Mozzarella Balls
- 1/4 cup Walnuts, Chopped
- 5-6 Figs, Sliced



Method:

1. Caramelize the onions: Heat a skillet over medium heat. Add oil and onions. Cook slowly, stirring occasionally, until onion is soft and browned, about 30-40 minutes. Season with salt and freshly ground black pepper.
2. Preheat oven to 400 degrees F. Assemble pizza: Spread the caramelized onions on top of the crust. Spread the mozzarella evenly throughout the top. Place in oven and cook 5 minutes.
3. Remove the pizza from the oven and scatter the figs and walnuts on top. Heat in the oven 3 minutes. Remove from the oven and slice into 8 pieces.

Storage:

Store in airtight container. Refrigerate.



How To Use:

- Garnish with Honey & Enjoy



Health Benefits:

Urinary Tract Health; Memory Function & Lowers Risk of Cancers; Promotes Healthy Aging

Nutrition Facts	
Serving Size 8 (1g)	
Amount Per Serving	
Calories 219	Calories from Fat 81
% Daily Values*	
Total Fat 9g	14%
Saturated Fat 3g	15%
Trans Fat 0g	
Sodium 214mg	9%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	12%
Sugars 0g	
Protein 10g	20%

*Percent Daily Values are based on a 2,000 calorie diet.