



Makes 4 pizzas
Preparation Time: 30 minutes
Cook Time: 30 minutes

INGREDIENTS:

½ cup apple cider vinegar
1 tablespoon pure cane sugar
1 clove garlic, minced
1 large red onion, thinly sliced (1 cup)
¾ cup oil-free hummus
4 6- to 7-inch whole wheat pita bread rounds, toasted
1 10-oz. package heirloom grape tomatoes, halved
1 5-oz. package baby mixed salad greens
2 tablespoons chopped toasted walnuts

Mediterranean Style Pita Pizzas with Quick-Pickled Onions

Who says salad has to come in a bowl? Get your greens on with pizza. Toasted pita rounds are the perfect size for personal pizzas, and they pair deliciously with the Mediterranean flavors in this easy anytime recipe. Quick-pickled onions add a tangy touch.

By Shelli McConnell

- 1 For pickled onions, in a small saucepan combine vinegar, sugar, and garlic. Bring to boiling. Stir in red onion. Remove from heat; let stand 20 minutes while preparing pizzas.
- 2 Spread hummus over pita rounds. Top with tomatoes. In a large bowl combine lettuce and 1 Tbsp. onion pickling liquid; toss to coat. Top tomatoes with lettuce and walnuts. Drain pickled onions; top pizzas with onions (discard remaining liquid).