



Mediterranean Hummus Pizza



This fun take on pizza uses hummus in place of tomato sauce. Top it off with Mediterranean faves for a great start to American Heart Month! This recipe comes to us from Jamie Geller and JoyofKosher.com.

Ingredients: (serves 4)

- 1 small orange or yellow bell pepper
- 9 oz. pre-made pizza dough, or make your own
- 2 to 3 tablespoons all-purpose flour
- 2 tablespoons hummus
- 1 small tomato
- 1/4 cup kalamata olives
- 1/4 cup crumbled feta cheese
- pinch dried oregano
- 1 tablespoon chopped dill
- olive oil

Instructions:

Together: In a small sauté pan, cook bell pepper slices with olive oil over medium high heat for 5 to 8 minutes or until slightly softened.

Adult: Meanwhile, preheat oven to 450 F.

Kid: Sprinkle a rimless baking sheet with 1 tablespoon flour and set aside.

Together: On a lightly floured surface, roll out pizza dough to a 10-inch circle and transfer to prepared baking sheet.

Kid: Prick dough all over with a fork to help prevent large bubbles from forming during baking.

Together: Spread dough with hummus and then layer on sliced tomato, bell peppers, olives and feta.

Kid: Sprinkle with oregano.

Adult: Bake for 12 to 16 minutes or until crust is golden brown and cheese looks hot.

Adult: Remove from the oven and sprinkle with dill. Cut into 6 to 8 wedges and serve immediately.

Food For Thought!



Lots of research shows that the way people traditionally ate in countries bordering the Mediterranean Sea is super healthy and helps prevent heart disease and cancer. It's easy and delicious for your family to eat this way at home. Look for recipes that use lots of vegetables, whole grains, beans and olive oil and only a little bit of meat and cheese.

Cooking Tip of the Week

Pizza dough will be easiest to shape when it's at room temperature, so if you're using frozen dough, make sure it's fully defrosted before you start rolling.

Conversation Starter

What does "healthy" mean to you? Why is it important for our family to try to be healthy?



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