

Veggie n' Hummus Grilled Whole-Wheat Pizza

Serving Size 1

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Nutrition Information

Calories	1285
Protein	63 g
Carbs	12 g
Sodium	2399 mg
Potassium	1348 mg
Fiber	35 g

Ingredients

1 (pre-formed crust, like Boboli or) [pre-made whole wheat dough ball](#)

1 small [zucchini](#)

1/4 [red onion](#)

3-4 [mini peppers](#)

1 cup [grape tomatoes](#)

1 cup (arugula or) [baby spinach leaves](#)

1/4 cup [Parmesan cheese, grated](#)

1/4 cup [Mozzarella shredded cheese](#)

pinch of [garlic powder, onion powder, salt, pepper, etc](#)

1/2 cup [Roasted Veggie Hummus](#)

1/4 cup (optional) [cornmeal](#)

drizzled to taste [olive oil](#)

Directions

Pre-heat oven to 450°F or per crust directions

Heat grill pan and spray with non-stick oil

Prepare vegetables -

Cut into long, thin pieces

Season with salt, pepper

Grill for around 5 minutes or until softened

Remove and chop into bite-sized pieces

Prepare pizza pan with non-stick spray and cornmeal

If using dough ball, punch it down and spread to size of pan or if using Boboli crust, drizzle olive oil

on crust and spread using brush

Spread hummus on crust with the back of a spoon

Top with prepared vegetables and cheeses

Bake for 20-25 minutes or per crust directions

Cut and enjoy!

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