



Cooking in the Kitchen at Olums

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*Cooking Delicious Recipes
that are Easy & Nutritious!*

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Asparagus White Pizza

Serves 14 slices

Ingredients:

Wheat pizza dough or pre-made pizza shell
Extra virgin olive oil
1 medium sweet onion, sliced
1 cup shredded part-skim mozzarella cheese
1 ½ cups of asparagus (cut into 1" pieces), cooked
1 tablespoon pine nuts

Directions:

1. Preheat oven to 425°F.
2. Stretch or place the pizza shell on a baking sheet or pizza stone.
3. Cook the asparagus in a medium pot filled with enough water to cover the asparagus, cook for 2 – 3 minutes until they are lightly cooked. Drain the asparagus.
4. In a skillet, sauté the onions in 1 teaspoon of extra virgin olive oil. Cook over medium heat until the onions begin to lightly brown (caramelize), about 5 minutes.
5. Top the pizza shell with the caramelized onions and then finish with the shredded cheese, asparagus and pine nuts.
6. Bake until the cheese is melted, about 8-10 minutes. Cool and then cut into 14 slices.