# Herbed Hummus Tortilla Pizza

with kalamata olives

Adopted from:

<https://my.forksmealplanner.com/recipe/554/herbed-hummus-tortilla-pizza>

### INGREDIENTS

( marks weekend prep items)

#### FOR THE HUMMUS

1⁄2 (15-oz) can cannellini beans drained & rinsed (≈3⁄4 cup)

2 tablespoons fresh basil chopped

1 tablespoon tahini

1 1⁄2 teaspoons fresh thyme finely chopped

1 1⁄2 teaspoons red wine vinegar

1 1⁄2 teaspoons fresh lemon juice

 plus more to taste

1⁄2 clove garlic

1⁄4 teaspoon Dijon mustard

1⁄4 teaspoon sea salt

freshly ground black pepper

#### FOR THE PIZZA

2 whole-grain tortillas

1⁄2 red bell pepper

 sliced (≈1⁄2 cup)

1⁄2 oz spinach stemmed & chopped (≈1⁄2 cup)

1 tablespoon sun-dried tomatoes (optional)

1 tablespoon Kalamata olives (optional) pitted & sliced

### YOU'LL NEED

baking sheet
parchment paper
food processor (or high-powered blender)

### RECIPE TIPS

**Tahini:** Tahini is a condiment made from toasted ground hulled sesame seeds. You may find it in the international or Kosher aisles, or among the nut butters or salad dressings.**Sun Dried Tomatoes:** Sun-dried tomatoes come in various forms, some from the bulk bins, while others are jarred and packed in oil. Make sure that the ones you use are unseasoned and oil-free.

With whole-grain tortillas and hummus on hand, you can create hearty, tasty pizzas in just minutes!

Allow 15 minutes extra to prepare the hummus if you are making this recipe from start to finish in one day.

### GET READY

**1**

Preheat the oven to 400°F. Line a baking sheet with parchment paper.

**2**

**MAKE HUMMUS**

Meanwhile, in a food processor (or high-powered blender), purée **cannellini beans**, **basil**, **tahini**, **thyme**, **vinegar**, **lemon juice**, **garlic**, **Dijon mustard**, and **salt** until smooth. Season with **black pepper** to taste; add more **lemon juice** if desired.

### BRING IT TOGETHER

**3**

**BAKE CRUST**

Bake **tortillas** on prepared baking sheet until just crisp and golden, 8 to 9 minutes (watch closely, as **tortillas** can turn from golden to burned very quickly!). Remove from oven and let **crusts** cool on baking sheet.

**4**

**MAKE PIZZA**

Spread a layer of **hummus** over each **tortilla** and add toppings. Bake immediately (or **tortillas** will get soft!). Cook until toppings are heated through, 7 to 9 minutes.

**5**

**SERVE**

Remove from oven, slice, and serve immediately!

Suggested adult serving: 2 pizzas

Store any leftovers in an airtight container in the refrigerator for up to 3 days.

Reheating:

Pizza & Flatbread

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