

Cooking in the Gesundheit Kitchen with Chef Hans Rueffert

Episode 3: “Untraditional” Pizzas

From Chef Hans: A great vehicle to sneak in your nutrition is... pizza! Adding new ingredients that you enjoy provides added nutrients to an otherwise traditional meal. Customize the recipes in any direction you want! Wherever you are in your recovery, you can make the recipe reflect that.

Caramelized fruits & vegetables add a flavor dimension to your pizza while adding a touch of sweetness. Hummus adds a bit of moisture, it is incredibly high in protein, and it has a buttery texture. Garbanzo beans will also add plant-based protein to your pizza.

Serves 2-4

Ingredients (for 2 pizzas):

- 2 pieces whole wheat Naan bread
- 1 tablespoon tomato sauce
- 1 tablespoon hummus
- 2 peaches, slightly ripe, cut into thin wedges & grilled (divided)
- 1 small Bermuda or Vidalia onion, peeled, chopped, & grilled (divided)
- ½ cup ricotta salata, sliced into strips for layering (divided)
- ½ teaspoon olive oil (divided)
- ¼ cup garbanzo beans
- Salt, to taste
- ½ teaspoon fresh chives, chopped (divided & optional)
- ½ teaspoon fresh fennel, chopped (divided & optional)

Note: Tomatoes can be difficult to digest. However, for this pizza base you can find the tomato sauce that you like the best that has minimal ingredients.

Assembling your pizzas:

Preheat the oven to 375° Fahrenheit. Place the 2 pieces of Naan on a parchment paper lined baking sheet. On the Naan bread, spread the tomato sauce on one piece and hummus on the other. Layer each pizza with the grilled peaches & onions, ricotta cheese, olive oil, salt, fennel & chives (if desired).

On your hummus base pizza layer the garbanzo beans before layering the cheese & other ingredients. This ensures that the garbanzo beans don't fall off in the oven!

Place in the oven for 10-15 minutes or until the cheese has melted.

Final notes: Make it fun! Use it as a canvas. This is a great way to make a quick, easy, nutritious meal. Change it up whenever you want pizza and for whatever you are craving.