

Fig, Prosciutto, Mozzarella and Pesto Pizza with Green Salad

My own concoction, although the general idea came from The Pioneer Woman



1/2 whole whole wheat pizza crust

ROASTED FIGS:

10 small fresh figs

1 tablespoon olive oil

1/2 teaspoon dried thyme

Salt and pepper to taste

PIZZA TOPPINGS:

2 tablespoons pesto sauce, or more if needed

8 ounces Mozzarella cheese, sliced thinly

2 ounces prosciutto, cut in thin strips

6 ounces arugula leaves, or Romaine lettuce

1 ounce vinaigrette, your choice (I used one with lime juice)

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 4

You can buy ready-made pizza dough at many markets and Trader Joe's.

1. Prepare whole wheat pizza dough. When it's completed the dough cycle (or you've allowed it to rise for about an hour), punch it down to remove most of the bubbles.
2. Preheat oven to 425°.
3. FIGS: Cut each fig in half. Using your hands, lightly oil the cut sides of the figs, then sprinkle with thyme, salt and pepper. Roast in oven for about 20 minutes (or longer) until the cut edges are browned and bubbling. Don't burn them!
4. Prepare a pizza stone, or use a large baking sheet. Roll out dough, using a little amount of flour to keep the dough from sticking. Use a rolling pin if needed. Place on the baking sheet or pizza stone.
5. Slather the dough with pesto. Use more pesto as needed to generally cover all the dough, to within 1/2 inch of edge. Add roasted figs and Mozzarella cheese.
6. Bake for about 15-20 minutes, until cheese is bubbling and browning, and the edges of the dough are golden. Remove from oven.
7. Sprinkle the prosciutto pieces all over the pizza.
8. Meanwhile prepare arugula or other greens. Toss very lightly with vinaigrette dressing. Don't over-dress the salad - it's mostly there for texture. Pile the greens on top of the hot pizza, cut in wedges and serve. You may sprinkle the top lightly with salt if desired.

Per Serving (excluding unknown items): 411 Calories; 26g Fat (55.6% calories from fat); 19g Protein; 28g Carbohydrate; 5g Dietary Fiber; 63mg Cholesterol; 682mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fruit; 4 Fat; 0 Other Carbohydrates.