

Mediterranean Salad Pizza

This cold veggie-topped whole grain pizza ensemble is the epitome of the Mediterranean lifestyle - simple, colorful, and full of flavor.

Ingredients

- 1 whole grain [pizza dough recipe](#)
- 1/2 cup hummus
- 1 cup salad greens, chopped
- 8-10 cherry tomatoes, sliced in quarters
- 1/2 cucumber, chopped
- 1/2 cup shredded carrots
- 1-2 green onions, chopped
- 1/2 cup roasted bell peppers, sliced
- 8-10 kalamata olives, sliced or chopped
- garlic powder to taste
- Italian seasoning or Herbs de Provence
- vegan parmesan-style cheese (optional)
- 1 tsp balsamic glaze or balsamic vinegar (optional)



Instructions

1. Heat oven or grill to 550 degrees or as hot as your oven can go.
2. Divide pizza dough in half.
3. Roll out dough into desired shape and pierce all over with a fork.
4. Place on a hot pizza stone in your oven or grill for 4-6 minutes, until golden brown.
5. Pierce a few fork holes and deflate.
6. On each pizza, smear about half of the hummus in an even layer on top of your cooked crust.
7. Sprinkle generously with salad greens, veggies, tomatoes, olives, and cheese.
8. Dust with garlic powder and Italian seasoning.
9. Repeat the process with the second pizza dough.
10. If you're not serving immediately, wait until just before serving to top with hummus and toppings.

Notes

- If your pizza dough disc inflates like a balloon in the oven, simply prick again and press down lightly to help release some of that trapped air. Once it's deflated, you're good to go.
- It is so much easier to cut the pizza right after you put the hummus layer on. Trust me.
- Balsamic glaze is slightly sweet and tangy and is really tasty on this salad pizza.