



The Micheff Sisters

Pizza Extravaganza (3/15/17)

MEDITERRANEAN HUMMUS MINI PIZZAS

Ingredients:

Hummus:

1 15-ounce can cannellini beans, drained
1 15-ounce can garbanzo beans, drained
1 clove garlic, minced
½ teaspoon salt
½ cup jalapeno nacho slices, chopped
the juice of 1 lemon

1 medium red onion, slivered fine
4 cups fresh baby spinach, coarsely chopped
½ cup sundried tomatoes, slivered
kalamata olives

6 whole wheat pita bread



Directions:

Place beans into a food processor. Add lemon juice, garlic, and salt and process until smooth.
Spray a skillet with non-stick cooking spray. Add onions and sauté until tender.
Heat pita bread on a skillet. Spread hummus on each pita bread. Top with ingredients.

Brenda Walsh