



Toasted Indian Bread and Quinoa Pizza

This nutritionally balanced “pizza” sports whole-grain quinoa, grilled seasonal vegetables, mild Indian spices and crumbled Paneer cheese, all on puffy naan. “Garden fresh,” straight from the oven.

Yield: 4 pizzas-- Divide recipe in 4 for single pizza

Ingredients:

Curry (yield 1½ c.)

- ½ cup olive oil, divided
- 3 Tbsp. red onion, small dice
- 1 Tbsp. ginger, minced
- 2 garlic cloves, minced
- 1 tsp. ground cumin
- 1 tsp. ground coriander
- 1 tsp. Garam masala
- 1 tsp. turmeric powder
- 1 tsp. Chile powder
- 2 cup vine-ripe tomato, diced

Pizza Toppings

- 2 Tbsp. olive oil
- 1 medium red onion, sliced ¼”
- 1 zucchini, sliced ¼”
- 1 yellow squash, sliced ¼”
- 1 eggplant, sliced ¼”
- 1 cauliflower head, sliced thin
- 4 vine-ripe tomatoes, sliced ¼”
- Salt and pepper, to taste
- 1 prepared naan, 4.4 oz. each or 1 thin pizza crust
- 1 c. cooked Quinoa (black, red, white or a combination)
- 1 c. crumbled Paneer cheese

Procedure:

For the curry:

Sauté red onion, ginger and garlic in ¼ cup olive oil until golden brown, approximately 10 minutes. (Do not burn.) Add all spices and the rest of the olive oil. Let simmer for 3 minutes. Add tomato, pull from stove and reserve. (Tomato will continue to cook in the hot oil.)





For the pizzas:

Toss sliced vegetables in olive oil to coat. Season with salt and pepper to taste.

Grill each vegetable cut over medium to high heat just enough to infuse with smoke flavor and to mark, about 3 minutes on 1 side only. Remove from grill and reserve. Place naans on a sheet tray and coat each with approximately 3 oz. red-onion curry. Evenly distribute 1/3 cup quinoa on each naan. Evenly distribute grilled vegetables, grilled side up, atop each naan. Sprinkle 2 oz. Paneer cheese atop vegetables.

Place pizzas in a 350°F conventional oven for 4 minutes or just enough to heat vegetables through and slightly melt the cheese.

