



Recipes > Caramelized Onion and Goat Cheese Pizza

Caramelized Onion and Goat Cheese Pizza



Randy Mayor; Jen Rotenstreich

Sweet onions, salty sun-dried tomatoes and tangy crumbled goat cheese give this healthier pizza a tasty depth of flavor.

★★★★★ Outstanding

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Yield: 6 servings (serving size: 1 wedge)

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Nutritional Information

Amount per serving

Calories: 285
Calories from fat: 29%
Fat: 9.2g
Saturated fat: 3.8g
Monounsaturated fat: 4g
Polyunsaturated fat: 1g
Protein: 11.6g
Carbohydrate: 38.4g
Fiber: 1.4g
Cholesterol: 7mg
Iron: 2.6mg
Sodium: 577mg
Calcium: 238mg

Nutrition Guidelines for Healthy Living

Ingredients

- 2 teaspoons olive oil
- 2 cups thinly sliced onion, separated into rings (about 1 onion)
- 1 (1-pound) Italian cheese-flavored pizza crust (such as Boboli)
- 1/2 cup bottled pizza sauce (such as Contadina)
- 1/4 cup chopped drained oil-packed sun-dried tomato halves
- 2/3 cup (3 ounces) crumbled goat cheese
- 1/4 cup chopped fresh basil

Preparation

Preheat oven to 450°.

Heat olive oil in a large nonstick skillet over medium-high heat. Add onion; cover and cook for 3 minutes. Uncover and cook for 11 minutes or until golden brown, stirring frequently.

Place the pizza crust on a baking sheet. Combine the sauce and tomatoes. Spread sauce mixture over pizza crust. Top with onion and cheese. Bake at 450° for 10 minutes or until crust is golden brown. Sprinkle with basil. Cut into 6 wedges.

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Outstanding

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7 Reviews

sirrah231

This is one of our favorite recipes. It's super easy, but kinda fancy. We usually use a little bit extra onion, it really cooks down during the caramelization. You might be tempted to skimp on the onion, it looks like a lot going into the pan ... but don't do it!

Outstanding 08/24/11

Shgoodwin

This has been one of my favorite pizza recipes for a long time. I use refrigerated pizza dough and feta cheese instead of the goat cheese. Fresh basil is key. Nice with a mellow red and perfect for family and friends.

Outstanding 06/17/11

chilipebs

This was amazing! I usually forget or don't make time to review the recipes I try, but I made sure to rate this one right after I ate it. I just made one change that I thought would taste better and be more homemade-like. I purchased pizza dough from my neighborhood pizza restaurant (non-chain) and cooked it on parchment paper, which made for a nice crisp crust. The sauce I used was Lucini Italia Tomato & Ricotta sauce (found at Fred Meyer in Western Wash). It has all natural ingredients, no sugar added and it's low in sodium.

Outstanding 03/24/11

alphabetizing

So good! I used an organic premade sourdough crust from Whole Foods that was AWESOME with this. Left it in the oven for an extra minute because the directions on the crust said to bump it down to 425 deg after the oven preheated at 450, and the crust was just starting to brown as was the top of the goat cheese. PERFECT. Even my picky 73 yr old dad liked it.

Outstanding 12/01/10


amysmeans

So easy and yummy. The kids liked it too! A great recipe to fool your guests into thinking you are a gourmet chef! Will definitely make this again.

Worthy of a special occasion 11/24/10

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COURSE: Main Dishes, Sandwiches | CONVENIENCE: Quick/Easy | CUISINE: American, Italian, New American
 MAIN INGREDIENT: Rice/Grains | DIETARY CONSIDERATION: Meatless | COOKING METHOD: Bake
 OCCASION: Autumn, July 4th, New Year's, Spring, Summer, Super Bowl, Winter | PUBLICATION: Cooking Light

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