

## Butternut Squash, Portobello Mushroom, Caramelized Onion and Hazelnut Pizza

Bring out your creative side with this unique take on a classic pizza. Portobello mushrooms, caramelized onions and hazelnuts make this pizza from The Eat-Clean Diet Vegetarian Cookbook a hit on any dinner table.

Prep time: 60 minutes

Cook time: 15-20 minutes

Makes: 8 slices

### Ingredients

- 1½ lbs / 680 g whole wheat pizza dough (store bought) at room temperature
- ½ butternut squash, about 1½ lbs / 680 g, seeds scooped out
- 2 tsp / 10 ml extra virgin olive oil, divided
- 1 small clove garlic, chopped
- 1 tsp / 5 ml fresh thyme
- Pinch freshly grated nutmeg
- 1 large yellow onion, halved and thinly sliced
- ¼ tsp / 1.25 ml herbes de Provence
- 2 Portobello mushrooms, stemmed, halved and sliced into ¼-inch thick pieces
- ½ cup / 120 ml low-fat cheese
- ¼ cup / 60 ml hazelnuts or filberts, coarsely chopped
- Cooking spray
- Pinch each sea salt and freshly ground black pepper
- Whole wheat flour or cornmeal, for dusting the pizza stone or baking sheet



### Preparation

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1. Preheat oven to 425°F (215°C). Spray flesh of squash with cooking spray and place flesh side down on a baking sheet. Bake until tender when pierced with a skewer, about 40 minutes. Remove and let cool until comfortable to handle. Scoop squash from skin and transfer to a food processor. Add 1 tsp (5 ml) olive oil, garlic, thyme, nutmeg and a pinch of salt and pepper. Blend until smooth.
2. Heat 1 tsp (5 ml) olive oil in a large skillet on medium high. Add onion and herbes de Provence. Cook until onions are starting to brown, about 3 minutes. Reduce heat to medium low and continue to cook, stirring occasionally, until thoroughly caramelized, 20 to 25 minutes. Remove from heat.
3. Heat a large skillet on medium and spray with cooking spray. Add Portobello mushrooms in a single layer, spray tops with a little cooking spray and cook, stirring rarely, until soft and golden brown, 3 to 5 minutes. Season with a pinch of salt and pepper and remove from heat.
4. Stretch, roll out or toss the pizza dough into a shape that will cover a 15- or 16-inch pizza stone or round or large rectangular baking sheet. Sprinkle pizza stone or baking sheet with a little flour or cornmeal to prevent dough from sticking, and stretch dough over top. Spread squash purée onto dough, leaving ½-inch of crust at the edge. Top with mushrooms and caramelized onions. Dollop with cheese, and sprinkle with hazelnuts.
5. Place pizza in oven and bake until crust is golden brown at the edges, and pizza is cooked through, 15 to 20 minutes.
6. Transfer to a cutting board, cut into slices and serve.

### Time Saver

The dough and toppings can be prepared up to two days ahead of time. When you're ready, just assemble and bake.

### Nutritional Information (per slice)

Calories: 299; Calories from Fat: 66; Total Fat: 7 g; Saturated Fat: 0.5 g; Total Carbs: 51 g; Fiber: 6 g; Protein: 9 g; Sodium: 435 mg; Cholesterol: 1 mg

Source: <http://www.eatcleandiet.com>