



# Potato-Onion Pizza



## Ingredients



Adapted from *Forks Over Knives*

- 1 lb. pizza dough
- 1 Tbsp. olive oil
- 6-8 Yukon gold potatoes, thinly sliced
- 1 medium onion, thinly sliced
- 1 garlic clove, minced
- 2 tsp. Italian seasoning
- 3/4 cup cooked white beans
- 2 Tbsp. water
- Salt and pepper, to taste



## Directions



**Yield:** 1 pizza    **Serving size:** 1/2 pizza    **Total cost:** \$3.56    **Serving cost:** \$1.78

1. Preheat oven to 450°F. Line a baking sheet with parchment paper.
2. Heat olive oil on a medium skillet over medium heat. Stirring frequently, sauté the onions, potatoes and garlic for 5-8 minutes until the onions are translucent and the potatoes are tender. Stir in the salt, pepper, and 1 tsp. Italian seasoning during the last few minutes of cooking.
3. On a flat surface, sprinkle flour and roll out pizza dough into 1/4 inch thick rectangle with a rolling pin. Place dough on lined baking sheet.
4. In a small bowl, mash beans and water together with fork until paste forms. Add remaining 1 tsp. of Italian seasoning, salt, and pepper.
5. Spread bean mixture over dough. Evenly distribute sautéed onions and potatoes over beans.
6. Bake 12-15 mins, until the crust is fully baked. Cut pizza into small square slices and serve.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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# Fast Facts



## Featured Food Groups



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## Cooking Tips



- Visit our website (on front of card) for pizza dough recipe. Use 1/4 of our dough recipe for this pizza.
- Use whole wheat pizza dough for extra fiber!
- Top with additional veggies, if you wish, before baking.
- Substitute Italian seasoning for thyme, rosemary, or other seasoning of choice.

Second Harvest is an equal opportunity provider.

Nutrition Facts	
2 servings per container	
<b>Serving size</b>	1/2 Pizza
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>430</b>
% Daily Value*	
<b>Total Fat</b> 9g	12%
Saturated Fat 1.2g	6%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 340mg	15%
<b>Total Carbohydrate</b> 78g	28%
Dietary Fiber 13g	46%
Total Sugars 5g	
Includes < 1g Added Sugars	1%
<b>Protein</b> 15g	30%
Vitamin D 0mcg	0%
Calcium 169mg	15%
Iron 5.22mg	30%
Potassium 470mg	10%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



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