Spanish Pizza

This Mediterranean inspired pizza is a great way to start the New Year! Serve with a salad for a balanced meal or cut into smaller pieces and use as an appetizer for that upcoming Super Bowl party!

Ingredients:
- 1 pizza dough recipe of choice
- 2 teaspoons virgin olive oil
- 1 red onion, peeled and finely chopped
- 3 oz butternut squash, skinned and thinly sliced
- 2 tablespoons red wine vinegar
- 2 tablespoons tomato paste
- 2 roasted red peppers, drained (oil reserved) and cut into ¼ inch pieces
- 1 teaspoon smoked paprika
- 2 tablespoons grated Manchego cheese

Directions:
1. Prepare pizza dough recipe of choice.
2. Preheat oven to 400°F
3. Over medium heat, warm olive oil in pan, add the onion, and cook until softened (5 minutes). Once softened, add the butternut squash slices, gently cooking until caramelized (5 minutes). Add in the red wine vinegar and stir for two minutes.
4. Spread the tomato paste over the dough and top with onion and butternut squash mixture, followed by the roasted red peppers and smoked paprika. Drizzle the reserved pepper oil over the top.
5. Bake the pizza for 12-15 minutes, until golden. Sprinkle the Manchego cheese over the top and bake for an additional 5 minutes.

Serving Size: 1 slice of pizza
Yield: 8 servings

Nutrition Information / Amount per serving:

<table>
<thead>
<tr>
<th>Nutrition Information / Amount per serving:</th>
<th>Calories: 174</th>
<th>Protein: 6 g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total fat</td>
<td>9 g</td>
<td>Total Carbohydrates: 18.5 g</td>
</tr>
<tr>
<td>Saturated fat</td>
<td>2 g</td>
<td>Dietary Fiber: 2 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>7 mg</td>
<td>Sodium: 359 mg</td>
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</tbody>
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For other great recipes, check out our cooking classes and cookbook at www.nutritioncenter.colostate.edu