

PUMPKIN GOUDA PIZZA

Ingredients

- 2 Tbsp extra-virgin olive oil
- 1 large yellow onion, peeled and thinly sliced
- 3 garlic cloves, minced
- 1/4 to 1/2 tsp crushed red pepper flakes, optional
- 1/2 tsp kosher salt
- 16 oz fresh pizza dough, room temperature
- 3/4 cup canned pumpkin puree
- 5 oz freshly grated gouda cheese (about 1 1/4 cups)
- Optional: finely chopped fresh parsley for garnish

Directions

1. Heat olive oil in a large skillet over medium heat. Add onions; cook, stirring occasionally, for 8 minutes, until soft.
2. Reduce heat to medium-low and continue to cook onions, stirring every few minutes to prevent them from sticking and coloring too much in any one place, until blonde-colored, 15 to 20 minutes. During the final 5 minutes, stir in garlic, salt, and red pepper flakes (if using.)
3. Place a rack in center-top position of oven; preheat oven to 475 degrees. Place a pizza stone or baking sheet on rack.
4. Place dough on a flour-coated work surface; sprinkle with more flour, turning to coat. Stretch/roll out dough to a 12" round. Transfer dough to a piece of parchment paper, and pierce dough a few times with a fork (helps prevent bubbling during baking.)
5. Spread pumpkin puree evenly over dough, leaving about 1/2-inch at border. Scatter caramelized onion and garlic mixture evenly over pumpkin; top evenly with gouda cheese.
6. Place dough (on paper) on preheated stone or baking sheet; bake for 12 to 15 minutes, or until the bottom of the crust is crisp and cheese is melted. If desired, garnish with fresh chopped parsley before serving.

Serves 8

Source: *Dishing Out Health* (website)