

# Tuscan Tomato Pie

18 Servings

The topping on this pizza is a white bean hummus. Topped with colorful chopped vegetables, it is beautiful to look at and it tastes great, too! We tell the students that this is a different type of pizza, ask if they know where Tuscany is (Italy), and explain that this is a real Italian pizza. Red, white and green balloons (to represent the colors of the Italian flag) and Italian music are a great way to introduce it.

Recipe created by Chef Wynnie Stein, co-owner of Moosewood Restaurant, for the Cool School Food Program of the New York Coalition for Healthy School Food. Recipe inspired by Robin Robertson, from her book *Vegan on the Cheap* ([www.healthyschoolfood.org](http://www.healthyschoolfood.org)).

## Ingredients:

9 cups Great Northern dried beans, soaked overnight  
6 tablespoons chopped garlic, raw (NYS farm product)  
2 ½ teaspoons salt  
1 teaspoon pepper, black  
4 tablespoons lemon juice, unsweetened  
1 tablespoon oregano, dried (NYS farm product)

## Toppings:

2 1/3 cups basil, fresh and chopped (NYS farm product)  
3 tablespoons olive oil  
5 cups tomatoes, fresh and chopped (NYS farm product)  
4 cups spinach, fresh and chopped (NYS farm product)  
1 Delorio whole wheat 22 ounce pizza dough or 18 x 12 inch rectangular whole grain pre-made crust



Photo by Lou Manna, [www.LouManna.com](http://www.LouManna.com)

## Preparation:

1. Cook the beans in water to cover, until they are soft.
2. Drain and thoroughly mash the beans.
3. Combine the spices and beans together.
4. Brush the pizza crust with oil and precook it for 7-8 minutes.
5. Spread bean mixture over top.
6. Combine all of the toppings together and spread on top of pizza.
7. Bake at 475 Fahrenheit for two minutes or until heated through.
8. Remove from oven; slice in 18 equal pieces and serve hot.

**HACCP:**

Always wash hands prior to handling food. Wear disposable gloves while handling food. Follow HACCP defrosting and holding procedures. This is a PROCESS THREE recipe.

**For one serving:**

1/18th of recipe

**Nutrition information:**

Calories: 180

Total Fat: 2.4g

Saturated Fat: 0.3g

Trans Fat: 0.0g

Protein: 7.37g

Sodium: 370mg

Cholesterol: 0mg

**Contributes to NSLP meal pattern:**

2 M/MA, ½ cup Vegetable; 1 Grain/Bread

Meets the Alliance School Meals criteria for legumes, lean protein and low fat entrées. If made with whole grain dough, meets whole grain criteria.