

# GOAT CHEESE *Pizza*

**\$3.50**

*per serving*

**30** MINUTES  
OR LESS

**6 INGREDIENTS**

*Buy Local!*

1 10-inch flat bread or small pizza crust  
1 medium white onion, cut into thin rings  
salt and pepper  
olive oil or butter for sautéing  
3 ounces goat cheese  
splash milk  
fresh basil or arugula for topping blend



\*highlighted ingredients can be bought at the market!



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# HOW TO: GOAT CHEESE PIZZA

1. Preheat oven to 400 F and position a rack in the middle of the oven. If using a pizza stone, place the stone in the oven as it preheats.
2. Sauté onion in butter or olive oil over medium heat until soft, stirring frequently. Season with salt and pepper. Cover to keep in the moisture if they begin to look dry – add a splash or two of water if they're getting too brown. Set aside once cooked.
3. Once oven is preheated, brush flatbread with olive oil and place on the pizza stone or a baking sheet and "pre-bake" to crisp for about 5 minutes.
4. In the meantime, spoon goat cheese into a bowl and add a splash of milk or water to thin so it's spreadable.
5. Whisk until smooth.
6. Remove flatbread from oven and spread with goat cheese and top with onions.
7. Place back in the oven and bake for 10 minutes, or until the edges appear crisp and the onions and goat cheese have warmed through.
8. Slice and serve with desired toppings like balsamic reduction and fresh basil.

## *why is it healthy?*

### ONIONS

Onions are packed with quercetin, which has cancer fighting, anti-fungal, anti-bacterial, and anti-inflammatory properties.

### BASIL

Basil has anti-bacterial benefits. It is a great source of vitamin K, vitamin A, manganese, and magnesium.

### GOAT CHEESE

Goat cheese is low in saturated fat and calories and high in protein. Goat cheese is a great source of the vitamin riboflavin and mineral phosphorous.

**This recipe is from Minimalist Baker**

Go to [minimalistbaker.com](http://minimalistbaker.com) to see more recipes!

<http://minimalistbaker.com/goat-cheese-caramelized-onion-pizza/>

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