

Roasted Butternut Squash Hummus Pizza with Quinoa Crust

Makes two 9" pizzas

Crust Recipe from: [Positively Healthy](#)

Ingredients

For the crust:

- ½ cup quinoa, dry
- ¼ cup water (plus more for soaking)
- ½ tsp each basil and oregano (or 1 tsp Italian Seasoning)
- ¼ tsp salt

For the tofu ricotta:

- 7oz firm tofu, drained and crumbled
- ½ tsp garlic powder
- 1 tsp dried thyme
- ¼ tsp each basil and oregano (or ½ tsp Italian Seasoning)
- ½ Tbsp extra virgin olive oil
- 1 tsp apple cider vinegar
- ¼ tsp salt

For the toppings:

- ¼ cup hummus, original flavor
- ½ cup cubed butternut squash
- ½ cup diced mushrooms
- ½ onion, diced
- 1-2 Tbsp fresh sage, diced



Directions

1. Place quinoa in a bowl and cover with water. Let soak for 4-8 hours or overnight.
2. Pre-heat oven to 425°F. Drizzle cubed butternut squash, mushrooms and onions with olive oil and season with salt and pepper. Place in oven and roast for 15-20 minutes or until you start to see some charred bits on the edges. (You can also use leftover roasted vegetables).
3. For the tofu ricotta:
 - a. Combine tofu, seasonings, oil, vinegar and salt in a food processor and pulse until combined. Let sit for 10 minutes.
4. For the crust:
 - a. Line a 9" cake pan or pie plate with parchment paper or use a cast-iron skillet. Spray with non-stick cooking spray or rub with olive oil or coconut oil.
 - b. Drain and rinse quinoa. Place quinoa in a blender or food processor and add ¼ cup water. Blend until you reach the consistency of a thick pancake batter, adding more water if needed. Add seasonings and salt until combined.
 - c. Pour batter into prepared pan and quickly spread to an even thickness.
 - d. Place in pre-heated 425°F oven. Bake for about 10 minutes. Carefully flip crust and bake for another 10 minutes or until browned. Remove from oven and add toppings.
5. To assemble to pizza:
 - a. Spread an even layer of hummus on crust followed by an even layer of tofu ricotta.
 - b. Top with roasted butternut squash, mushrooms and onions and sprinkle with fresh sage.
6. Return to oven and bake for another 8-10 minutes or until heated through.

Nutrition Information per Pizza: 410 calories, 17gm total fat, 2gm saturated fat, 630mg sodium, 48gm carbohydrates, 9gm fiber, 19gm protein