Diabetic Greek-Inspired Pizza Recipe

by LAUNIE KETTLER

The Best Greek-Inspired Diabetic Pizza You'll Ever Eat

Hello to the spring! The vegetables are plentiful, and the skies are blue. Now is the perfect time to luxuriate in the bounty of long days and the abundance of farmers markets. You can find everything from fresh cheeses to big onions with braided stems and a cornucopia of leafy greens like kale, chard, and spinach.

And this pizza celebrates the love of fresh and preserved vegetables.

Aside from how delicious this pizza is, it also has the added bonus of minimal prep and cooking time – which gives you more time to be outside playing in the twilight. Why stand over a stove, when you can be frolicking in a park or catching an outdoor festival or concert? When you serve this on a picnic blanket, it will metaphorically be the belle of the ball.

Beautiful? Check. Quick to make? Check.

But don’t forget the health benefits from the ingredients too!

We all know Popeye was right when he told us to eat our spinach. It’s full of vitamins and minerals like niacin, zinc, vitamins A, C and E. But don’t forget the B6, calcium, iron and potassium too. All while being very low in fat and cholesterol.

Oh, and it’s low in calories too. For instance, the spinach in this recipe brings a whopping 14 calories to the dish!

But sundried tomatoes are great for us too. They contain vitamin C, but bring vitamin K, iron and lycopene to the dish as well. And they provide all of that along with the medley of sweet and savory flavors that make them irresistible.

Combine that with the protein and calcium from the creamy mozzarella and the salty, tangy feta – and you’re going to have a major family favorite on your hands.

So, go on and get your Mediterranean flavors on with this amazing pizza.

The Ultimate Greek-Inspired Diabetic Pizza

Serves 4.

Ingredients:

- 1 store-bought pizza crust
- ¼ cup roughly chopped oil-packed sundried tomatoes and 1 tablespoon sundried tomato oil, divided

- 1 tablespoon olive oil
- 1 teaspoon dried oregano
- 1 teaspoon dried rosemary, roughly chopped
- 1 teaspoon dried basil
- ½ teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- 1 small red onion, thinly sliced
- 2 cups fresh baby spinach, roughly chopped
- 1 cup crumbled feta cheese
- ¼ cup Niçoise or Kalamata olives, pitted and roughly chopped
- 4 (1/2-inch) slices fresh mozzarella

Instructions:

1. Preheat oven to 400 degrees.
2. Place the dough on a large, rimmed sheet pan. Brush with sundried tomato oil.
3. Bake for 10 minutes.
4. In a medium bowl whisk together the olive oil, dried oregano, dried rosemary, dried basil, salt and pepper. Gently toss the onion and spinach in the oil.
5. Sprinkle the pizza with feta cheese, sundried tomatoes and olives.
6. Top with seasoned onions, spinach, and mozzarella.
7. Bake for 10-12 minutes, or until the cheese is melted and browned.
8. Let cool slightly, and cut into wedges.

Photos by Launie Kettler.