Healthy Recipe: Goat Cheese, Onion, Spinach & Lemon Pizza

Goat cheese is kinder to stomachs for people who are lactose-intolerant. And lemon zest adds a citrusy twist to this vegetarian pizza.

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Using goat cheese on this pizza makes a great change from the more classic mozzarella, and is also kinder to lactose-intolerant tummies. The subtle tanginess of goat cheese complements the earthy spinach and sweet cherry tomatoes. The lemon zest adds a delicious citrusy twist. This vegetarian pizza is fun to make, too. Dinner can turn into quite a party if pies are personalized.

20 min prep

4 servings

12 ingredients

Ingredients

- 1 teaspoon olive oil
- 1 clove garlic, smashed
- 2 cups packed baby spinach, washed
- 1 tablespoon panko, or cornmeal
- 1 whole wheat pizza dough or refrigerated or frozen pizza crust
- ½ cup Quick Tomato Sauce
- ¾ cup goat cheese
- ½ small onion, halved and thinly sliced
- ½ cup cherry or grape tomatoes, halved
- 1 tablespoon olive oil
- Salt and pepper, to taste

- Half a lemon, zested

Directions

1. Preheat the oven to 500 degrees F. Put 2 baking trays into the oven, or pizza stone if available.
2. In a medium sauté pan, over medium-high heat, add the 1 teaspoon of olive oil and clove of garlic. Cook until the garlic starts to brown and become fragrant. Remove the garlic and add the baby spinach along with 1 tablespoon of water. Let sit for 1 minute and then stir. Once the spinach has wilted, remove from pan and let drain. Once cool enough, squeeze out excess liquid.
3. Sprinkle panko or cornmeal onto a large sheet of parchment paper. Roll out the dough onto the parchment paper; press out dough into a 12x8-inch rectangle or to fit your pizza stone. Split into two balls if necessary.
4. Spread the tomato sauce evenly onto the dough. Dot the pizza with the goat cheese and top it with the drained spinach, onions, and grape tomatoes, cut sides up. Drizzle with olive oil and sprinkle with a little salt and pepper.
5. Using the parchment paper, slip the pizza onto the heated baking trays or pizza stone. Bake in the oven on the lowest rack for 10-15 minutes, or until the crust is golden and the cheese looks melted.
6. Using the parchment paper, slip the pizza onto a cutting board. Sprinkle with the lemon zest and cut into slices.

Nutrition Facts (per serving)

Calories: 370; Fat: 15g; Saturated fat: 6g; Polyunsaturated fat: 2g; Monounsaturated fat: 6g; Carbohydrates: 46g; Sugar: 3g; Fiber: 4g; Protein: 14g; Sodium: 798 mg

Chef Tips

Pizza toppings are good on many things, from pita bread to bagels. Pizza crust is not necessary to make great pizza. Be bold and experiment with different breads, it will still be delicious.

Use the creamy goat cheese logs to make this pizza rather than the stronger ‘camembert’ like cheeses. They are easy to find in most markets, and any leftovers are delicious spread onto a bagel or a piece of toast instead of cream cheese.

Pre-rolled and par-baked crusts from the local market make for a quick pizza fix when in a hurry, or buy raw pizza dough from your preferred favorite pizzeria or bakery to roll out.

Registered Dietitian Approved

All our recipes are created by chefs and reviewed by our oncology-trained staff Registered Dietitian, Kate Ueland, MS, RD, to ensure that each is backed with scientific evidence and meets the standards set by the Academy of Nutrition and Dietetics.

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