



## Caramelized Onion, Fig, and Stilton Pizza

Serves 6

- 2 teaspoons olive oil
- 3 Vidalia or other sweet onions, thinly sliced
- 6 dried figs, stemmed and sliced
- 1 (10-ounce) prebaked thin whole wheat pizza crust
- 3 ounces Stilton cheese, crumbled

- 1 Place rack on lowest rung of oven. Preheat oven to 450°F. Spray nonstick pizza pan or baking sheet with nonstick spray or line with parchment paper.
- 2 Heat oil in large nonstick skillet over medium heat. Add onions and cook, stirring, until softened, about 5 minutes. Reduce heat to low; add figs and cook, stirring occasionally, until onions are golden brown and figs are softened, about 12 minutes longer.
- 3 Place pizza crust on prepared pizza pan. Spoon onion mixture evenly over crust; sprinkle with Stilton. Bake until topping is heated through and cheese is softened, about 15 minutes.

**PER SERVING (1/6 OF PIZZA):** 140 grams, 258 Cal, 8 g Total Fat, 4 g Sat Fat, 0 g Trans Fat, 11 mg Chol, 434 mg Sod, 40 g Total Carb, 16 g Total Sugar, 8 g Fib, 9 g Prot, 163 mg Calc.  
PointsPlus value: **7**

FYI

Stilton is considered one of the world's greatest cheeses. There are only six dairies licensed to produce this special cheese, and it can only be made in the English counties of Derbyshire, Leicestershire, and Nottingham. Stilton takes its name from the village where it was first made.