



## TUNA PIZZA

Category: Fish

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### **Tuna Pizza**

Tuna pizza is an exciting and delicious variation on traditional pizza, bringing a savory seafood twist to your pizza night. The combination of tender tuna, flavorful vegetables, and a tangy tomato sauce creates a perfect balance of flavors that will surprise and delight your taste buds.

This pizza is easy to prepare, versatile, and packed with protein, making it an excellent choice for a quick dinner or a unique appetizer at your next gathering. Whether you're a seafood lover or simply looking to try something new, tuna pizza is sure to become a favorite in your recipe collection.

### **Ingredients:**

1 pizza dough (store-bought or homemade)

1 can (5 oz) tuna in olive oil, drained and flaked

1/2 cup tomato sauce (or pizza sauce)

1/2 cup mozzarella cheese, shredded

1/4 cup red onion, thinly sliced

1/4 cup black olives, pitted and sliced

1/4 cup fresh cherry tomatoes, halved

1/2 tsp dried oregano

1/2 tsp garlic powder

1 tbsp capers (optional, for extra flavor)

1 tbsp fresh parsley, chopped (for garnish)

Olive oil for drizzling

### **How to Make:**

Prepare the Pizza Dough: Preheat your oven to 475°F (245°C). If you're using store-bought pizza dough, roll it out on a lightly floured surface to your desired thickness. If you're using homemade dough, roll it out into a round or rectangular shape, depending on your preference and the size of your baking sheet or pizza stone. Transfer the rolled dough to a parchment-lined baking sheet or pizza stone for easy handling.

Add the Tomato Sauce: Spread the tomato sauce evenly over the surface of the pizza dough, leaving a small border around the

edges for the crust. If you prefer a thicker sauce, you can add more, but be careful not to make it too saucy, as it may make the pizza soggy.

**Layer the Toppings:** Begin by evenly distributing the flaked tuna over the pizza. Make sure the tuna is well-drained and not too watery, as this could affect the pizza's texture. Add the sliced red onion, black olives, and cherry tomatoes, scattering them across the pizza. If you're using capers, sprinkle them on top for an extra burst of briny flavor.

**Add the Cheese and Seasonings:** Sprinkle the shredded mozzarella cheese over the pizza, covering the toppings evenly. Season the pizza with dried oregano, garlic powder, and a pinch of salt and pepper. These simple seasonings will enhance the flavor of the tuna and vegetables, creating a perfect balance of taste.

**Bake the Pizza:** Drizzle a small amount of olive oil over the top of the pizza for extra richness and flavor. Place the pizza in the preheated oven and bake for 10-12 minutes, or until the crust is golden and the cheese is melted and bubbly. Keep an eye on the pizza to make sure the crust doesn't burn, especially around the edges.

Garnish and Serve: Once the pizza is baked to perfection, remove it from the oven and let it cool for a minute or two. Garnish with freshly chopped parsley for a burst of color and freshness. Slice the pizza into wedges and serve immediately.

Enjoy: Enjoy your tuna pizza as a fun, flavorful twist on a classic dish. It pairs perfectly with a crisp green salad or a chilled glass of white wine for a light and satisfying meal.

Chef's Note:

If you're looking to elevate the flavor of your tuna pizza, try using a combination of tuna with anchovies for an extra umami kick. You can also swap the mozzarella for a blend of cheeses like Parmesan, provolone, or gouda for a richer taste. For a spicier version, drizzle a bit of chili oil over the top before baking or sprinkle red pepper flakes on top after baking.

Feel free to experiment with other toppings like artichoke hearts, spinach, or even a drizzle of lemon juice for added freshness. The beauty of this recipe is that it's highly customizable to suit your personal preferences.

**Nutrition Information (per serving, makes 4 servings):**

Calories: 340

Protein: 23g

Carbohydrates: 30g

Fat: 18g

Saturated Fat: 5g

Cholesterol: 30mg

Sodium: 680mg

Fiber: 2g

Sugars: 3g

Tuna pizza is a fun and innovative way to enjoy seafood in a familiar, comforting form. With its mix of tender tuna, vegetables, and melty cheese, this pizza is packed with flavors that work beautifully together. It's quick to prepare, making it a great option for busy weeknights or casual gatherings, and it's sure to impress anyone looking for something unique. Enjoy this dish with your favorite side or a refreshing drink, and savor every bite of this flavorful creation.