



Goopy 4-Cheese Garlic Pizza



Entire recipe: 324 calories, 10g total fat (5.5g sat. fat), 790mg sodium, 34.5g carbs, 5g fiber, 4g sugars, 25g protein

Prep: 10 minutes **Cook:** 15 minutes

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Ingredients

Crust

3 tbsp. old-fashioned oats
3 tbsp. whole-wheat flour
3/4 tsp. garlic powder
1/2 tsp. Italian seasoning
1/2 tsp. onion powder
1/8 tsp. baking powder
1/8 tsp. baking soda
Dash salt
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute

Topping

3 tbsp. light/low-fat ricotta cheese
1/2 tsp. chopped garlic
1/8 tsp. onion powder
2 tbsp. shredded part-skim mozzarella cheese
2 tbsp. shredded reduced-fat cheddar cheese
1 tsp. grated Parmesan cheese

Directions

Preheat oven to 400 degrees. Line a baking sheet with parchment paper.

In a small blender or food processor, grind oats to the consistency of coarse flour. Transfer to a medium bowl.

Add all remaining crust ingredients *except* egg whites/substitute. Mix until uniform. Add egg whites/substitute, and stir until it reaches a dough-like consistency.

Shape crust into a circle on the baking sheet, about 1/4 inch thick and 6 inches in diameter.

Bake until top has browned and edges are slightly crispy, about 10 minutes.

In a second medium bowl, mix ricotta, garlic, and onion powder. Spread over the crust, leaving a 1/2-inch border.

Sprinkle with mozzarella and cheddar. Bake until cheese has melted and crust is crispy, about 5 minutes.

Sprinkle with Parm.

MAKES 1 SERVING

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