



Supreme Pizza Casserole



1/4 of recipe: 246 calories, 11g total fat (5.5 sat. fat), 665mg sodium, 21.5g carbs, 6g fiber, 8.5g sugars, 20.5g protein

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Prep: 15 minutes **Cook:** 40 minutes

Cool: 10 minutes



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Ingredients

1/2 cup whipped cream cheese
3/4 cup shredded part-skim mozzarella cheese, divided
1 tsp. garlic powder, divided
1 tsp. onion powder, divided
2 cups frozen riced cauliflower
1 1/2 cups frozen meatless crumbles or turkey sausage crumbles
1 1/2 cups chopped mushrooms
1 cup chopped onion
3/4 cup chopped green bell pepper
1 tsp. Italian seasoning
2 tbsp. (about 1 large) egg whites or liquid egg substitute
3/4 cup marinara sauce with less than 70 calories per 1/2-cup serving
3/4 oz. (about 12 slices) turkey pepperoni, roughly chopped
Optional topping: sliced black olives

Directions

Preheat oven to 350°F. Spray an 8" X 8" (or similar size) baking pan with nonstick spray.

In a large bowl, combine cream cheese, 1/4 cup mozzarella cheese, 1/4 tsp. garlic powder, and 1/4 tsp. onion powder. Stir until uniform.

Bring a skillet to medium-high heat. Add cauliflower and cook until mostly thawed, about 4 minutes.

Add crumbles, mushrooms, onion, pepper, Italian seasoning, remaining 3/4 tsp. garlic powder, and remaining 3/4 tsp. onion powder. Cook and stir until veggies have softened and lightly browned, about 8 minutes.

Transfer skillet contents to the bowl with the cream cheese mixture. Mix thoroughly, allowing mozzarella to melt. Add egg whites/substitute, and stir to combine.

Transfer mixture to the baking pan. Top with marinara sauce, remaining 1/2 cup mozzarella, and chopped pepperoni.

Bake until entire dish is hot and bubbly and mozzarella has melted, 20–25 minutes.

Let cool for 10 minutes before slicing.

MAKES 4 SERVINGS

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