



Brussels Sprouts & Bacon Pizza



Entire recipe: 300 calories, 8g total fat (4.5g sat. fat), 783mg sodium, 35.5g carbs, 0g fiber, 9.5g sugars, 21.5g protein

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



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Ingredients

- 1 slice center-cut or turkey bacon
- 1/4 cup self-rising flour
- 1/8 tsp. garlic powder
- 1/8 tsp. onion powder
- 1/4 cup fat-free plain Greek yogurt
- 3 tbsp. light/low-fat ricotta cheese
- 3 tbsp. shredded part-skim mozzarella cheese
- 1/4 cup shredded Brussels sprouts
- 1 tbsp. finely chopped red onion
- 1 1/2 tsp. balsamic glaze

Directions

Preheat oven to 450°F. Line a baking sheet with parchment paper.

Cook bacon until crispy, either in a skillet over medium heat or on a microwave-safe plate in the microwave. (See package for cook time.) Chop once cool.

In a large bowl, mix flour with seasonings. Add yogurt. Mix until dough forms.

Shape dough into a circle on the baking sheet, about 6 inches in diameter and 1/4 inch thick. Bake for 5 minutes.

Spread dough with ricotta, leaving a 1/2-inch border. Top with mozzarella, Brussels sprouts, onion, and chopped bacon.

Bake until cheese has melted, veggies are tender, and crust is cooked through and crispy, about 7 minutes.

Drizzle with balsamic glaze.

MAKES 1 SERVING

Air-Fryer Alternative: Cook dough at 360°F for 4 minutes. Top with ricotta, mozzarella, Brussels sprouts, onion, and chopped bacon. Cook until cheese has melted, veggies are tender, and crust is cooked through and crispy, 3–4 minutes.

HG Dough Tips: To prevent sticking, lightly dust your hands and work surface with flour, and refrigerate dough for at least 5 minutes before forming the crust. The dough is even easier to work with if you make it a day or two in advance.

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