



Caprese Pizza



Entire recipe: 261 calories, 6g total fat (3g sat. fat), 678mg sodium, 36g carbs, 1.5g fiber, 10g sugars, 15g protein

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



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Ingredients

1/4 cup self-rising flour
1/8 tsp. garlic powder
1/8 tsp. onion powder
1/4 cup fat-free plain Greek yogurt
2 tbsp. marinara sauce with 70 calories or less per 1/2 cup serving
1 oz. fresh mozzarella, torn into pieces
4 thin slices plum tomato
5 fresh basil leaves
1 tsp. balsamic glaze

Directions

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

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 marinara sauce, leaving a 1/2-inch border. Top with mozzarella and tomato.

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

Top with basil, and drizzle with balsamic glaze.

MAKES 1 SERVING

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.

Air-Fryer Alternative: Cook dough at 360°F for 4 minutes. Top with mozzarella and tomato. Cook until cheese has melted and crust is cooked through and crispy, 3–4 minutes.

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