



Easy High-Protein Pizza



Entire recipe: 270 calories, 7.5g total fat (4.5g sat. fat), 975mg sodium, 16.5g carbs, 0.5g fiber, 7.5g sugars, 32g protein

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Prep: 5 minutes **Cook:** 40 minutes



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Ingredients

3/4 cup low-fat cottage cheese
1/4 cup (about 2 large) egg whites or liquid egg substitute
1 tbsp. self-rising flour
1/8 tsp. garlic powder
1/8 tsp. onion powder
1/8 tsp. Italian seasoning
2 tbsp. marinara sauce with 70 calories or less per 1/2-cup serving
3 tbsp. shredded part-skim mozzarella cheese (or more if you like!)
Optional toppings: fresh herbs, turkey pepperoni, veggies

Directions

Preheat oven to 350°F. Line a baking sheet with parchment paper.

Place cottage cheese in a small blender or food processor, and puree until smooth. (You can skip this step if you don't mind the curds; just drain it first.)

Transfer blended cottage cheese to a medium bowl. Add egg whites/substitute, flour, and seasonings. Mix well.

Spread mixture into a thin circle, about 1/4 inch thick and 10 inches in diameter, on the baking sheet.

Bake until firm and golden brown, 30-35 minutes.

Top with sauce (leaving a 1/4" border) and cheese.

Bake until cheese has melted, about 5 minutes.

MAKES 1 SERVING

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