



Fork 'n Knife Mexican Skillet Pizza



Entire recipe: 298 calories, 9g total fat (3.5g sat. fat), 760mg sodium, 36g carbs, 9.5g fiber, 10.5g sugars, 19.5g protein

[Click for WW Points® value*](#)

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



More: [Lunch & Dinner Recipes](#), [Vegetarian Recipes](#), [30 Minutes or Less](#), [Single Serving](#), [Gluten-Free](#)

Ingredients

1/4 cup chickpea flour (see *HG FYI*)
2 tbsp. egg whites (about 1 large egg's worth)
Dash salt
1/2 cup canned crushed tomatoes
1/2 tsp. garlic powder
1/2 tsp. chili powder
1/4 tsp. ground cumin
1/4 cup chopped bell pepper
1/4 cup chopped onion
1/4 cup shredded reduced-fat Mexican-blend cheese
1 tbsp. sliced black olives

Directions

To make the batter for the crust, in a medium bowl, combine chickpea flour, egg whites, and salt. Add 1/4 cup water, and whisk until smooth and uniform. Let thicken for 10 minutes.

Meanwhile, in a small bowl, mix seasonings into tomatoes.

Bring a 10-inch skillet sprayed with nonstick spray to medium heat. Add pepper and onion. Cook and stir until mostly softened, about 3 minutes. Transfer to a medium bowl, and cover to keep warm.

Remove skillet from heat; clean if needed. Re-spray, and return to medium heat. Pour batter into the skillet, quickly tilting the skillet in all directions to evenly coat the bottom. Cook until lightly browned and cooked through, about 2 minutes per side, flipping carefully with an offset spatula or flexible rubber spatula.

Still in the skillet, top crust with seasoned tomatoes, leaving a 1/4-inch border. Sprinkle with cheese and top with cooked veggies and olives.

Cover and cook until cheese has melted, about 2 minutes.

MAKES 1 SERVING

HG FYI: Chickpea flour is a must for this recipe, and it's worth seeking out. Sometimes called garbanzo bean, besan, or gram flour, this gluten-free ingredient has fewer carbs and more fiber than its wheat counterpart. Look for it in the ethnic foods aisle (it's a staple in Indian cooking), or [order it online](#). Bob's Red Mill is our go-to brand.

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.

Publish Date: May 2, 2016 Author: Hungry Girl Copyright © 2025 Hungry Girl. All Rights Reserved.