



## 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

**Green Plan [SmartPoints](#)® value 7\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 7\***

**Purple Plan [SmartPoints](#)® value 7\***

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



Tagged: [Lunch & Dinner Recipes](#), [Vegetarian Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

### 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.

**SmartPoints**® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.

