



Mexi-Corn Pizza



Entire recipe: 333 calories, 9.5g total fat (3g sat. fat), 800mg sodium, 41g carbs, 5g fiber, 4.5g sugars, 21g protein

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



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Ingredients

Crust

3 tbsp. old-fashioned oats
3 tbsp. whole-wheat flour
1/2 tsp. onion powder
1/2 tsp. garlic powder
1/8 tsp. ground cumin
1/8 tsp. chili powder
1/8 tsp. baking powder
1/8 tsp. baking soda
Dash salt
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute

Topping

1/4 cup frozen sweet corn kernels
Dash ground cumin
Dash chili powder
2 tbsp. fat-free plain Greek yogurt
1 tbsp. light mayonnaise
1 tbsp. crumbled reduced-fat feta cheese
1 tbsp. chopped fresh cilantro
1/8 tsp. garlic powder
2 tbsp. shredded part-skim mozzarella cheese

Directions

Preheat oven to 400 degrees. Line a baking sheet with parchment paper.

In a small blender or food processor, grind oats to the consistency of coarse flour. Transfer to a medium bowl.

Add all remaining crust ingredients *except* egg whites/substitute. Mix until uniform. Add egg whites/substitute, and stir until it reaches a dough-like consistency.

Shape crust into a circle on the baking sheet, about 1/4 inch thick and 6 inches in diameter.

Bake until top has browned and edges are slightly crispy, about 10 minutes.

Meanwhile, bring a skillet sprayed with nonstick spray to medium-high heat. Add corn, cumin, and chili powder. Cook and stir until blackened, about 4 minutes.

In a small bowl, combine yogurt, mayo, feta, 1 1/2 tsp. cilantro, and garlic powder. Mix until uniform. Stir in blackened corn. Spread over the crust, leaving a 1/2-inch border.

Top with mozzarella. Bake until cheese has melted and crust is crispy, about 5 minutes.

Sprinkle with remaining 1 1/2 tsp. cilantro.

MAKES 1 SERVING

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