



## 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

**Green Plan [SmartPoints](#)**® value 8\*

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



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

## 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

**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.

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