



## Sheet-Pan Turkey Meatza Pizza



1/8th of pizza: 238 calories, 12g total fat (5.5g sat. fat), 452mg sodium, 4.5g carbs, 0.5g fiber, 2g sugars, 28.5g protein

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**Prep:** 10 minutes    **Cook:** 20 minutes



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### Ingredients

2 lbs. raw lean ground turkey (7% fat or less)  
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute  
1/4 cup light/reduced-fat cream cheese  
3/4 cup marinara sauce with 3g fat or less per serving  
1 cup shredded part-skim mozzarella cheese  
1/4 cup chopped fresh basil

#### Seasonings:

2 tsp. garlic powder  
2 tsp. onion powder  
1/2 tsp. salt  
1/4 tsp. black pepper

### Directions

Preheat oven to 350 degrees. Line a baking sheet with parchment paper. In a large bowl, combine turkey, egg, cream cheese, and seasonings.

Thoroughly mix. Shape into a large rectangle on the parchment-lined baking sheet, about 1/4-inch thick.

Bake until cooked through, about 15 minutes.

Remove sheet, but leave oven on. Carefully drain excess liquid from the baking sheet, and thoroughly blot the crust dry.

Spread sauce over crust, leaving a 1/2-inch border. Top with mozzarella and basil.

Bake until mozzarella has melted, about 5 minutes.

#### MAKES 8 SERVINGS

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