



Spinach-Crust Pizza



Entire recipe: 267 calories, 9.5g total fat (5.5g sat. fat), 663mg sodium, 21g carbs, 4.5g fiber, 3.5g sugars, 24.5g protein

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Prep: 10 minutes **Cook:** 30 minutes

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Ingredients

Crust

2 cups spinach leaves
1/4 cup (about 2 large) egg whites
2 tbsp. shredded part-skim mozzarella cheese
2 tbsp. whole-wheat flour
1 tbsp. grated Parmesan cheese
1/4 tsp. Italian seasoning
1/8 tsp. onion powder
1/8 tsp. garlic powder

Topping

1/4 cup canned crushed tomatoes
1/4 tsp. Italian seasoning
1/4 tsp. onion powder
1/4 tsp. garlic powder
3 tbsp. shredded part-skim mozzarella cheese

Directions

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

Place all crust ingredients in a food processor. Puree until uniform.

Pour crust batter onto the center of the sheet. Using a spatula, form it into a circle, about 1/4-inch thick and 6 inches in diameter.

Bake until top has browned and edges are slightly crispy, about 20 minutes.

Meanwhile, in a medium bowl, combine crushed tomatoes, Italian seasoning, onion powder, and garlic powder. Mix well.

Remove sheet from oven. Spread seasoned tomatoes over crust, leaving a 1/2-inch border. Sprinkle with mozzarella cheese.

Bake until cheese on top has melted and crust is mostly crispy, 8 - 10 minutes.

MAKES 1 SERVING

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