



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

Freestyle™ [SmartPoints®](#) value 5*

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

Tagged: [Lunch & Dinner Recipes](#), [Meatless Recipes](#), [Single Serving](#)

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

[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.)

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