



## Squash-Crust Cheese Pizza



1/2 of recipe (1 pizza): 277 calories, 11.5g total fat (7g sat fat), 755mg sodium, 22.5g carbs, 5.5g fiber, 14.5g sugars, 23.5g protein

Freestyle™ [SmartPoints®](#) value 5\*

[SmartPoints®](#) value 6\*

**Prep:** 20 minutes    **Cook:** 45 minutes

**Cool:** 10 minutes



### Ingredients

#### Crust

1 3/4 lbs. (about 4 medium) yellow squash  
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute  
1/4 cup shredded part-skim mozzarella cheese  
2 tbsp. grated Parmesan cheese  
1 tsp. Italian seasoning  
1/8 tsp. each salt and black pepper

#### Topping

1/2 cup canned crushed tomatoes  
1/2 tsp. garlic powder  
1/2 tsp. onion powder  
1/2 tsp. Italian seasoning  
1/2 cup shredded part-skim mozzarella cheese  
2 tbsp. finely chopped fresh basil

### Directions

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

Using the shredder side of a box or hand grater (the one with larger holes), shred squash. Place in a large microwave-safe bowl. Cover and microwave for 3 minutes.

Uncover and stir. Re-cover and microwave for another 3 minutes, or until hot and soft.

Transfer squash to a fine-mesh strainer to drain. Let cool for 10 minutes, or until cool enough to handle.

Using a clean dish towel (or paper towels), firmly press out as much liquid as possible -- there will be a lot of liquid.

Return squash to the large bowl, and add all remaining crust ingredients. Mix thoroughly.

Divide crust mixture into two circles on the baking sheet, each about 1/4 inch thick and 7 inches in diameter. Bake until the tops have browned, about 30 minutes.

Meanwhile, in a medium bowl, combine all topping ingredients *except* mozzarella and basil. Mix well.

Spread seasoned tomatoes over squash crusts, leaving 1/2-inch borders.

Sprinkle with mozzarella and basil. Bake until cheese has melted and crusts are crispy, 5 - 7 minutes.

**MAKES 2 SERVINGS**

[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.

