



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

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

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