

Guilt-Free Zucchini Crust Pizza



Makes a small sized pizza

Serves: About 2 - 3

Kitchen Utensils Needed:

- Vegetable peeler
- Fine cheese grater
- Paper towels
- Large mixing bowl
- Microwave safe bowl
- Measuring spoons and cups
- Baking sheet
- Aluminum foil
- Non-stick cooking spray

Good-Looking Grub

Ingredients

- 2 large zucchinis, peeled
- 1 egg
- 1/4 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1 teaspoon Italian seasoning
- 1 1/2 cups mozzarella cheese
- 1/2 cup parmesan cheese
- A jar of your favorite pizza or marinara sauce (or homemade)
- Toppings of your choice



Directions:

1. Preheat oven to 450 degrees.
2. Using a cheese grater, grate the zucchini and let it sit on paper towels. Sprinkle with a dash of salt. Cover the zucchini with more paper towels and let sit for about 15 minutes. The paper towels should be wet. Place onto dry paper towels and squeeze any excess water out. It's especially important to drain as much water out of the zucchini as possible. Otherwise your crust will come out soggy.
3. In a mixing bowl, combine egg, garlic powder, onion powder, Italian seasoning, mozzarella, and parmesan cheese.
4. Add the zucchini to the rest of the ingredients and mix well.
5. Shape the mixture into a crust and place on a cookie sheet sprayed with nonstick cooking spray.
6. Bake for about 15 -20 minutes-or until crust becomes a nice golden brown.
7. Once done, remove crust from the oven.
8. Turn your oven on broil and place a thin layer of mozzarella cheese on top of the pizza crust. This will also help prevent the sauce from making the crust soggy.
9. Top with pizza sauce and your favorite toppings.
10. Use strips of foil to cover the edges of the pizza crust. This will prevent it from burning
11. Place under the broiler for about 4 – 6 minutes-until the cheese melts and toppings are heated.