

Low-Carb Protein Pizza (Lower fat option)

Finally, a low-Carb (gluten free) protein pizza crust you can eat with your hands! But this time with less fat than the original. This recipe is for base pizza crust all the way to sauce and mozzarella cheese. Toppings can be your preference. Sausage and shitake mushroom are a personal favorite. Bacon and bell pepper are also excellent. Basil, spinach, and steak make a great combo. You choose!

🕒 Preparation 15 minutes 🕒 Total 45 minutes 🍽️ 4 portions

Ingredients

or	or
6 oz of chicken breast, baked	1 dash of spices, pepper, black (0 g)
or	or
1 large unit of egg, whole, raw, fresh (50 g)	3/4 cup of rao's Homemade Marinara Tomato Sauce (188 g)
or	or
10 grams of italian Seasoning (2 tbsp)	1 cup of cheese, mozzarella, low moisture, part-skim, shredded (86 g)
or	or
1 tbsp of spices, onion powder (7 g)	1/2 cup of cheese, parmesan, dry grated, reduced fat (50 g)
or	or
1/2 tsp of spices, garlic powder (2 g)	2 large units of egg, white, raw, fresh (66 g)
or	
1 dash of salt, table (0 g)	

Cooking method

1

Note: Chicken breast and all meat toppings are being considered pre-cooked. Fresh mozzarella should be placed in a towel to remove moisture for at least 30 minutes prior to starting recipe. Preheat oven to 425F Convection oven works best.

2

Apply parchment paper to metal pizza pan. Making sure to cover slightly beyond the edges of the pan. Note: a stone pan does NOT work well with this type of crust.

3

Using food processor or blender, chop chicken breast to extremely fine consistency.

4

In large bowl combine ground chicken, eggs, all dry spices, and parmesan cheese.

5

Mix until ingredients are thoroughly combined and resemble dough. If too dry add more egg white.

6

Once oven is pre-heated. Spread mixture onto parchment paper. Use another piece of parchment paper on top of mixture to spread, thin, and even out crust. Crust should nearly fill a 14" pizza pan.

7

Remove top layer of parchment paper and place in oven to pre-cook crust.

8

Let cook for 10-14 minutes, depending on oven. Crust should become firm with a slight golden brown on top.

9

Remove from oven, evenly apply sauce, mozzarella cheese and the toppings of your choice.

10

Put pizza back in the oven. Cook for another 10-14 minutes. Mozzarella cheese should be well melted. Over cooking is difficult since it removes more moisture and allows the crust to become more firm.

11

Serve hot. Feel free to add fresh basil or favorite greens to the top.

12

Makes 4 servings