

Zucchini Crust Pizza

Ingredients

2 cups shredded zucchini (1 to 1-1/2 medium), squeezed dry
1/2 cup egg substitute or 2 large eggs, lightly beaten
1/4 cup all-purpose flour
1/4 teaspoon salt
2 cups shredded part-skim mozzarella cheese, divided
1/2 cup grated Parmesan cheese, divided
2 small tomatoes, halved, seeded and sliced
1/2 cup chopped onion
1/2 cup julienned green pepper
1 teaspoon dried oregano
1/2 teaspoon dried basil

Directions

1. Preheat oven to 450°. In a large bowl, combine first four ingredients; stir in 1/2 cup mozzarella cheese and 1/4 cup Parmesan cheese. Transfer to a 12-in. pizza pan coated generously with cooking spray; spread to an 11-in. circle.
2. Bake until golden brown, 13-16 minutes. Reduce oven setting to 400°. Sprinkle with remaining mozzarella cheese; top with tomatoes, onion, pepper, herbs and remaining Parmesan cheese. Bake until edges are golden brown and cheese is melted, 10-15 minutes. Yield: 6 slices.

Nutritional Facts

1 slice: 188 calories, 10g fat (5g saturated fat), 30mg cholesterol, 514mg sodium, 12g carbohydrate (4g sugars, 1g fiber), 14g protein. Diabetic Exchanges: 2 vegetable, 2 lean meat, 1/2 fat.

