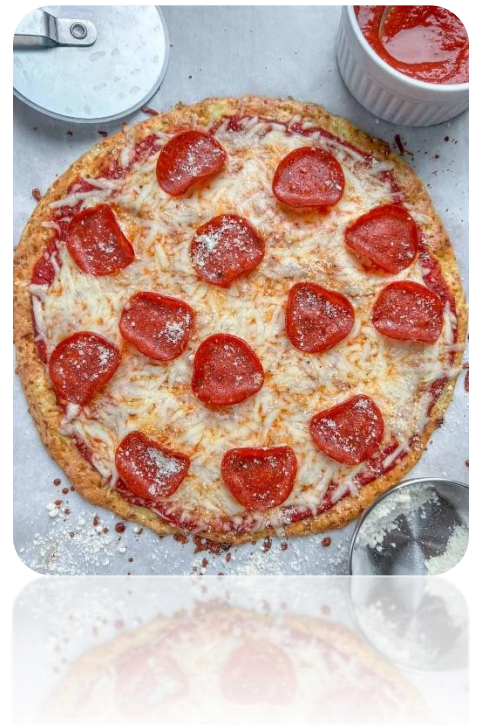


High protein pizza dough crust made with cottage cheese, eggs, flour and seasonings. Topped with pizza sauce, shredded cheese, and pepperoni, and then baked to perfection.

INGREDIENTS:

- 1 cup cottage cheese, used low-fat, small curd
- 2 large eggs
- 1/4 cup flour of your choice
- 1 teaspoon onion powder
- 1 teaspoon Garlic powder
- 1/2 teaspoon Dried Oregano
- 1/2 cup Pizza sauce, or marinara
- 3/4 cup low-fat pizza Cheese blend, or shredded mozzarella
- 2 ounces of Turkey Pepperoni
- 1 tablespoon grated parmesan, optional to garnish
- Black pepper, optional



INSTRUCTIONS:

1. Preheat the oven to 350 F and line a sheet pan with parchment paper.
2. In a large bowl, add cottage cheese, eggs, flour of your choice, onion powder, Garlic powder and Dried Oregano. You may add a bit of Black pepper at this point.
3. Using a spatula, stir to fully combine. No need to blend. You just need a smooth texture.

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Recipe source <https://healthyfitnessmeals.com/cottage-cheese-pizza-crust>

4. Transfer the mixture onto the prepared sheet pan. Using a spoon or spatula, spread the cottage cheese mixture to form a circle. Do not spread it too thin.
5. Bake for 25-30 minutes or until it is slightly golden brown. Remove from the oven and let it sit for 1-2 minutes.
6. Spread the 1/2 cup Pizza sauce over the baked cottage cheese crust and top with 3/4 cup low-fat pizza Cheese blend.
7. Add 2 ounces of Turkey Pepperoni and bake again for 5-7 minutes or until the cheese is fully melted. Garnish with grated parmesan or chili flakes. Enjoy.

NUTRITION

CALORIES: 421KCALCARBOHYDRATES: 28GPROTEIN: 40GFAT: 16GSATURATED FAT: 8GPOLYUNSATURATED FAT: 2GMONOUNSATURATED FAT: 5GTRANS FAT: 0.02GCHOLESTEROL: 258MGSODIUM: 1617MGPOTASSIUM: 624MGFIBER: 2GSUGAR: 5GVITAMIN A: 792IUVITAMIN C: 5MGCALCIUM: 510MGIRON: 4MG

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.

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