

Zucchini Crust Pizza

Ingredients (makes 2):

- 4 cups grated then chopped fresh zucchini (one large zucchini about a foot long, or several smaller ones)
- 1/2 cup shredded, diced or finely grated Mozzarella
- 5 Tablespoon almond meal
- 3 Tablespoon finely grated Parmesan
- 1 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- pinch of salt
- 1 egg, beaten

Directions:

1. Preheat the grill or oven to 450F
2. Grate zucchini, with a food processor or hand grater, then chop. Place in a microwave-safe bowl and microwave on high for about 5 minutes. Drain zucchini into a colander that's lined with cheesecloth or a kitchen towel. Let drain until it is cool enough to handle.
3. When zucchini is cool, squeeze out as much water as you can and place in a bowl. Add the rest of the ingredients and stir until combined.
4. Spray a baking sheet with olive oil or nonstick spray and divide the crust mixture. Use your fingers to press out the mixture into two circles, being careful not to make the edges too thin (or they will burn). For best results, bake on a pizza stone (on a covered grill or in the oven) just until the crust is firm and starting to brown (about 12-13 minutes.). If you don't bake it on a pizza stone add a few minutes to the bake time.
5. Then top with your favorite pizza sauce, cheeses, and toppings! Grill or bake for another 3-5 minutes or until cheese is melted and enjoy!

675 Calories, 31 carbs, 47g fat, 34g protein, 335 mg sodium, 11g sugar