Dinner, Mediterranean

Golden Bell Pepper and Mozzarella Pizza

Strips of bell pepper roast until sweet and tender, then sit over marinara and melted mozzarella on a crisp almond flour crust.



Vegetarian

55 min	230	23 g	4 g
time	calories	carbs	sugars

Ingredients, 8 servings

- [ ] 1 package gluten-free almond flour pizza crust
- [ ] 2 tbsp apple cider vinegar
- [ ] 1 1/2 tbsp extra virgin olive oil (divided use)
- [ ] 1/3 cup water (plus additional if needed)
- [ ] 1 spray, 0.25g nonstick cooking spray
- [ ] 1/4 tsp garlic powder
- [ ] 1/4 tsp onion powder
- [ ] 1/4 tsp black pepper
- [ ] 3 med bell peppers (sliced into 1-inch strips, (red, green, and yellow or any combination))
- [ ] 2/3 cup low sodium marinara sauce
- [ ] 1/2 cup part-skim mozzarella (shredded)

Nutrition Facts

Per serving

Calories	230
Total fat	14 g
Saturated fat	2 g
Sodium	250 mg
Total carbs	23 g
Fiber	4 g
Total sugars	4 g
Protein	6 g

Method

- [ ] **1** Prepare the gluten-free almond flour pizza crust as the package directs, mixing in the apple cider vinegar, 1 tablespoon of the olive oil, and the water.
- [ ] **2** Heat the oven to 450 degrees F, then coat a 12-inch pizza pan with the nonstick cooking spray.
- [ ] **3** Press the dough across the bottom of the pan with your fingertips or the heel of your hand.
- [ ] **4** In a small bowl, stir together the remaining 1/2 tablespoon olive oil, the garlic powder, the onion powder, and the black pepper.
- [ ] **5** Add the bell peppers and toss until evenly coated, then transfer them to a 9x13 baking dish.
- [ ] **6** Bake the peppers for 20 to 25 minutes, until fork-tender.
- [ ] **7** Spread the low sodium marinara sauce over the dough and scatter the shredded part-skim mozzarella on top.
- [ ] **8** Arrange the roasted peppers over the cheese and bake for 13 to 15 minutes, until the crust is crisp and browned.
- [ ] **9** Cut into slices and serve.

diabic.com/recipes

Scan to open this recipe and its shopping list