Dinner

Zucchini Crust Pizza with Arugula and Prosciutto

A thin, crisp zucchini base is baked golden, then spread with herbed tomato sauce and finished with salty prosciutto and fresh arugula.



Gluten free

32 min	100	7 g	3 g
time	calories	carbs	sugars

Ingredients, 6 servings

- [ ] 1 spray, 0.25 gram nonstick cooking spray
- [ ] 2 cup zucchini (grated)
- [ ] 1/4 tsp salt
- [ ] 3/4 cup canned crushed tomatoes
- [ ] 1 tsp dried oregano
- [ ] 1/2 tsp garlic powder
- [ ] 1/2 tsp dried basil
- [ ] 1/3 cup almond flour
- [ ] 1/2 cup reduced-fat shredded mozzarella cheese
- [ ] 1 large eggs
- [ ] 1/4 tsp dried rosemary
- [ ] 1/4 tsp black pepper
- [ ] 1 ounce thinly sliced prosciutto
- [ ] 1 cup arugula

Method

- [ ] **1** Heat the oven to 500°F.
- [ ] **2** Line a baking sheet with parchment paper and mist it with the nonstick cooking spray.
- [ ] **3** Spread the grated zucchini over paper towels, sprinkle on the salt, and let it sit for 5-10 minutes.
- [ ] **4** While the zucchini rests, stir the crushed tomatoes with the oregano, garlic powder, and dried basil, then set the sauce aside.
- [ ] **5** Wrap the zucchini in the towels and squeeze out as much liquid as you can.
- [ ] **6** Combine the drained zucchini with the almond flour, egg, mozzarella cheese, dried rosemary, and black pepper, mixing until well blended.
- [ ] **7** Press the mixture into a rectangle or circle about 1/4 inch thick on the lined baking sheet.
- [ ] **8** Bake for 12 minutes, until the crust is lightly browned with crispy edges.
- [ ] **9** Spread the sauce over the hot crust right out of the oven, then arrange the prosciutto and arugula on top.
- [ ] **10** Cut into 6 equal slices and serve.

Nutrition Facts

Per serving

Calories	**100**
Total fat	7 g
Saturated fat	1.5 g
Sodium	310 mg
Total carbs	7 g
Fiber	2 g
Total sugars	3 g
Protein	7 g

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