

Spinach Crust Pizza

Ingredients

2 cups raw spinach leaves 1 vegetable serving because it shrinks as it cooks 1 egg (large)

1 cup shredded low fat Kraft Italiano cheese blend

1/8 teaspoon salt,

1/4 teaspoon pepper

Pizza Sauce:

3/4 cup chopped, grape tomatoes, 1 clove garlic

Toppings:

1/4 cup green onion, diced it has to be green onion to count toward the vegetable servings (instead of regular onion) 1 tablespoon Parmesan cheese, shredded

Instructions

Preheat oven to 425

Pull out a pizza sheet, or cookie sheet, and cover with parchment paper

Spray the parchment paper generously with a lot of nonstick spray

In a magic bullet, blend the spinach and egg until it's a baby food consistency

Add in cheese and spices and pulse until just combined. (I added oregano instead of pepper)

Spread evenly on the parchment paper (make thin crust so it cooks through)

Bake at 425 for about 15 minutes. Edges should start getting brown and crispy

Prepare pizza sauce by placing tomatoes and garlic in blender (or magic bullet) and pulse until smooth.

Spread evenly over cooked crust.

Top with remaining cheese and green onions (can pick a different veggie from the approved lean and green guide, but follow the serving amount shown in recipe)

Place back in the oven and broil just until cheese is melted

Eat the whole thing! It's 1 Lean & Green!! Make multiple for the whole family!