

Spaghetti Squash Crust Veggie Pizza

**HENRY
FORD
HEALTH**SM

in partnership with

KrogerSM
FRESH FOR EVERYONESM

Yield: 4 servings



Ingredients:

Vegetable oil cooking spray
1 whole spaghetti squash
(4 pounds)
3 egg whites
1 teaspoon garlic powder,
divided
1 teaspoon oregano, divided
1/2 teaspoon onion powder
1 teaspoon Italian seasoning
3/4 cup no-salt-added
tomato sauce
1/4 cup diced red onion
1/2 cup sliced mushrooms
1/4 cup diced green peppers
1/2 cup mozzarella cheese

Directions:

1. Preheat oven to 400° F. Spray rimmed baking sheet with vegetable oil cooking spray.
2. Place squash in microwave for 2 minutes on full power; when done, allow to sit in microwave for 1 minute (to soften the squash to make it easier to cut).
3. Cut squash in half and scrape out seeds. Place squash cut side down on prepared baking sheet and bake until tender, about 1 hour. Let squash sit until cool enough to handle, then use a fork to remove flesh from peel.
4. Place squash in cheesecloth and squeeze out as much liquid as possible. Discard the liquid. In a large bowl, whisk egg whites with 1/2 teaspoon garlic powder and 1/2 teaspoon oregano until combined.
5. Add drained squash and mix with whisked egg whites. Line a rimmed baking sheet with parchment paper and spray with vegetable oil cooking spray.
6. Transfer the squash mixture to the center of the baking sheet and spread into a 10- to 12-inch circle about 1/2 inch thick. Bake until golden brown, about 45 to 50 minutes.
7. In a medium-sized bowl, mix tomato sauce, 1/2 teaspoon garlic, 1/2 teaspoon oregano, onion powder and Italian seasoning. Remove crust from oven and spread tomato sauce mixture over it.
8. Sprinkle onions, mushrooms and peppers on top, then add cheese to cover.
9. Return to oven and bake until cheese is melted, about 10 more minutes. Remove from oven, cut and serve.

Nutritional information per serving:

Calories: 101
Fat: 3 grams
Saturated fat: 1.5 grams

Cholesterol: 7 mg
Sodium: 213 mg
Carbohydrates: 12 grams

Fiber: 3 grams
Protein: 7 grams
Calcium: 129 mg

Food exchanges:
3 vegetable
1 fat

For a demo of this recipe, and for more wellness information, visit HenryFord.com/recipes