

HEALTHY PIZZA PARTY RECIPES



PORTOBELLO MUSHROOM PIZZAS

 4 servings (1 mushroom cap)  15 minutes

190 calories, total fat 9g, cholesterol 15g, total carbohydrates 14g, & protein 15g

INGREDIENTS

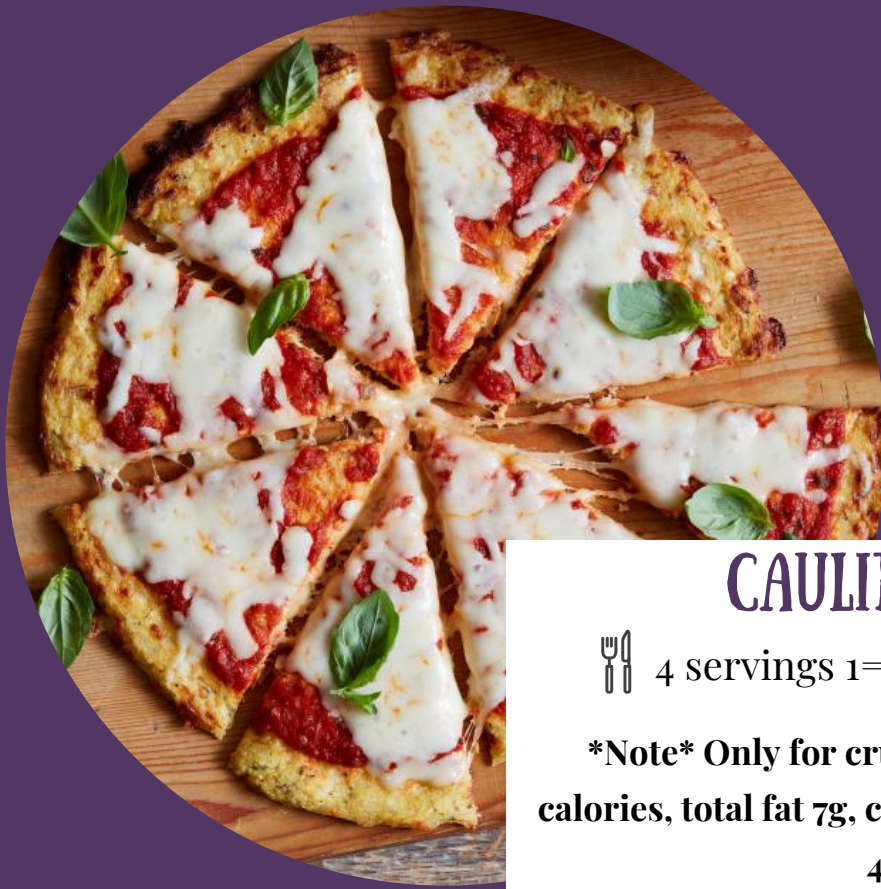
- 8 portobello mushrooms
- olive oil
- garlic powder
- salt and pepper
- dried oregano
- red pepper flakes
- mozzarella cheese (shredded or grated)
- cherry tomatoes
- fresh basil
- balsamic vinegar
- crushed tomatoes

DIRECTIONS

1. Turn your broiler on high. Line a baking sheet with foil. Place the mushrooms on the tray stem side down (where the stem used to be) and drizzle with olive oil. Sprinkle with the garlic powder, salt and pepper. Broil for 5 minutes.
2. Take your mushrooms out of the oven and flip so they're stem side up. Top them with your crushed tomatoes, dried oregano, red pepper flakes (if using), cheese and tomatoes. Broil for another 5 minutes on high.
3. Top with basil, drizzle with balsamic and enjoy!



NOTES

Instead of using crushed tomatoes and spices- try swapping for a low carb calorie pizza sauce! You can also try this recipe in an air fryer!



HEALTHY PIZZA PARTY RECIPES

CAULIFLOWER CRUST

 4 servings 1= 1/4 pizza  35 minutes

Note Only for crust, does not include toppings 132 calories, total fat 7g, cholesterol 57mg, total carbohydrates 4g, & protein 11g

INGREDIENTS

- 4 cups of cauliflower florets
- 1 cup parmesan cheese
- 1/4 tsp of onion powder
- 1/4 tsp of garlic powder
- 1 large egg
- salt and pepper
- dried oregano

DIRECTIONS

- Preheat the oven to 400 degrees F.
- Place cauliflower in a food processor & pulse until rice like.
- Heat the cauliflower rice in a dry skillet over medium high heat, stirring often to remove as much moisture as possible, about 10 minutes. Once it looks somewhat dry, add parmesan cheese and seasonings.
- Continue to cook on medium heat until the parmesan is melted.
- Remove from the heat and stir in the egg.
- Use parchment on a 12 inch round pizza pan and spray with olive oil cooking spray. Spread out the "dough" and flatten as best you can. Use another piece of parchment paper on top if it's too sticky for your hands to spread and make the edges slightly higher to form a crust.
- Bake for 20 minutes. Add your favorite toppings and bake another 10 minutes. Cut into 8 large slices and serve!

NOTES

HEALTHY PIZZA PARTY RECIPES



KETO CHICKEN CRUST PIZZA

 4 servings 1= 1/4 pizza  35 minutes

***Note* Only for crust, does not include toppings
268 calories, total fat 17g, cholesterol 57mg, total
carbohydrates 2g, & protein 27g**

INGREDIENTS

- 1 pound of ground chicken
- 1 /2 cup shredded mozzarella cheese
- 1/4 cup parmesan cheese
- 1/4 tsp of onion powder
- 1/2 tsp of garlic powder
- 1 large egg

DIRECTIONS

- Preheat the oven to 450 degrees F.
- Combine all ingredients in a medium bowl and mix until combined. Form chicken mixture into a ball.
- Place a piece of parchment paper on a baking tray, pizza pan or pizza stone. Press chicken mixture out onto the parchment paper to form a pizza crust shape that is about 1/2 inch thick,
- Bake in a 450 degree oven for 15 minutes.
- Add your favorite pizza toppings. Broil on high to melt the cheese on the toppings until bubbly.

NOTES