

Sheet Pan Pizza

Description

On an old classic, this Keto Sheet Pan Pizza is a delicious twist. A low-carb sausage crust is topped with lots of delicious toppings and cheese. Who can resist a homemade, hot, pizza gooey with melted cheese and topped with sweet peppers and onions? Not us!

INGREDIENTS

Dough

- (removed from casings) ½ pound sweet Italian sausage,
- 2 tablespoons cream cheese
- 1 cup almond flour
- ¼ cup coconut flour
- 1 ½ cups shredded mozzarella cheese
- ¼ cup freshly grated Parmesan cheese
- 2 whole large eggs

Toppings

- 1 tablespoon olive oil
- 1 medium onion, sliced
- (any bell pepper, green, red, yellow or orange) 1 medium Bell pepper sliced,
- 8 ounces baby spinach
- (passed through a garlic press) 2 tablespoons fresh garlic
- (leave out the sugar) ½ cup pizza sauce
- ½ cup shredded sharp cheddar cheese
- 2 cups shredded mozzarella cheese

INSTRUCTIONS

- 1. Preheat oven to 375 degrees F.
- 2. Mix eggs, cream cheese, almond flour, coconut flour, Parmesan cheese, 1 ½ cups mozzarella cheese and uncooked sausage meat in a bowl(medium).
- 3. Spray a guarter (13Ã?9-inch)sheet pan with pan spray(kitchen).
- 4. Into the pan, press the mixture making an even edge all the way around. NOTE>â?¦Refrigerate the filled pan for 30 minutes, if mixture is not cold, to firm up the crust before baking.
- 5. Turning pan half way through bake 12 minute.
- 6. In a medium skillet with the olive oil, while crust is baking, over medium heat, saute onions and peppers until slightly soft, for ten minutes. Add spinach and heat 1 min to wilt.
- 7. Add garlic and take out from heat.
- 8. Spread pizza sauce on bottom when crust comes out of oven, top with cooked vegetables from pan, spin...

 FIVE minutes. For a minute, F.

 9. Cut into eight portions.

 Serve.

 Watermark pan, sprinkle on cheddar and mozzarella and until browned and melty, bake for about TWENTY FIVE minutes. For a minute, place under the broiler to be more browned.
- 10. Serve.



Serving Size 1 Serves 8

Amount Per Serving

Calories 359 % Daily Value* Total Fat 16.6g 21% Saturated Fat 5.5g Trans Fat 0g Polyunsaturated Fat 0.7g Monounsaturated Fat 2.7g 0% Cholesterol 89.8mg 30% Sodium 749.9mg 33% Total Carbohydrate 13.1g 5% Dietary Fiber 4.3g 15% Sugars 4.9g Protein 29.1g 58%

Category

High Protein Recipes

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