

ZUCCHINI PIZZA

INGREDIENTS

- 1 small onion, chopped
- 1 clove garlic, chopped
- 1 green pepper, sliced
- 1/2 pint cherry tomatoes, halved
- 1 tablespoon basil, chopped
- 1 teaspoon oregano
- 1 teaspoon thyme
- 3 cups shredded zucchini
- 2 egg whites
- 1/4 cup wheat flour
- 1/2 teaspoon salt
- Pepper
- 2 tablespoons extra virgin olive oil (EVOO)

PREPARATION

Pre-heat the broiler.

Shred zucchini so you have 3 cups of shredded.

In a large, skillet over medium heat, sauté the onion, garlic, green pepper and tomatoes until softened. Fold in the basil and remove to a bowl.

While the onion and pepper are cooking, in a bowl, combine the zucchini, egg whites, flour, salt and pepper and stir well.

Drizzle a little EVOO (eyeball it) into the same skillet the onion and pepper where cooked in. Drop four equal mounds of the zucchini egg mixture onto the skillet and cook over medium heat for about 2 minutes on each side.

Top each of the zucchini-egg rounds with some of the cooked tomato mixture. Pop them under the broiler until golden brown and bubbly, 1-2 minutes.