

Oat! My Tropical Pizza

Makes: 2 Servings

“Being raised by my mother, a health teacher, and my father, a disabled veteran, it is not new to me to have a healthy lifestyle,” says Victor. “On a Saturday after a basketball game, the most convenient thing to have is a healthy lunch and I would think of making a pizza in a pan. My recipe includes ingredients we picked from our backyard like oregano and spinach. With my parents I learned to make a healthy pizza with a twist, one in which anyone can add the ingredients of their choice. I like the mix of flavors and the idea of me cooking it. I would like to motivate others to learn or keep up healthy food habits.”

Ingredients

For the Pizza Crust:

- 4** egg whites
- 1** whole egg
- 1 cup** rolled oats
- Pinch sea salt
- 1/2 teaspoon** garlic powder
- 1/2 teaspoon** dried parsley
- 1 teaspoon** fresh oregano or **1/2 teaspoon** dried
- Coconut oil, or any nonstick cooking spray

For the Topping:

- 1/2** tomato, chopped or crushed
- 1 tablespoon** chopped onion
- 1 teaspoon** garlic powder
- 1/2 teaspoon** dried parsley
- Pinch sea salt
- 1/4 cup** nonfat plain Greek yogurt
- 1/2 cup** fresh spinach, chopped
- 1/4 cup** fresh pineapple, diced



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	275	
Total Fat	6 g	
Protein	20 g	
Carbohydrates	37 g	
Dietary Fiber	6 g	
Saturated Fat	1 g	
Sodium	337 mg	

*Percent Daily Values are based on a 2,000 calorie diet.

MyPlate Food Groups

Fruits	1/4 cup
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Directions

1. **To make the Crust:** In a blender, mix together the egg whites, whole egg, oats, sea salt, garlic, and parsley for 20 seconds, or until blended. After blending, add the oregano and mix with a whisk. In a large nonstick skillet, grease the pan with coconut oil or any cooking spray and pour the mix in. Cook over medium heat for 6 minutes, flip over, and cook for another 6 minutes, or until it is golden and cooked through.
2. **To make the Topping:** Meanwhile, in a separate nonstick skillet, cook the tomato over medium heat for 1 minute. Add the onion, garlic, parsley, and sea salt, and cook for 5 minutes. Spread the sauce on the pizza crust still in the pan, reduce the heat to low, and add the yogurt, spinach, and pineapple. Let it warm up for 2 minutes, plate, and cut.