



Gluten-Free Oat Crust Pizza with Chicken*

MAKES 4 SERVINGS

OAT CRUST

- 2 cups old-fashioned rolled oats
- 1/2 cup plain nonfat Greek yogurt
- 1/2 cup water
- 1 egg
- 1 tsp baking powder
- 1 tsp Italian seasoning
- 1/2 tsp garlic powder
- 1/2 tsp salt
- Cooking spray

TOPPINGS

- 1/2 cup low-sodium marinara sauce
- 8 oz cooked chicken breast, diced
- 1 cup part-skim mozzarella cheese, shredded
- 1 cup cherry tomatoes, halved
- 1/4 cup fresh basil leaves, torn
- Salt and black pepper to taste

*check all ingredient labels
for gluten

DIRECTIONS

- Preheat oven to 400°F. Line a large baking sheet with parchment paper and spray with cooking spray.
- Make crust: Blend oats in a food processor until they form a fine flour. Add Greek yogurt, water, egg, baking powder, Italian seasoning, garlic powder, and salt. Blend until smooth batter forms.
- Pour batter onto prepared baking sheet and spread into a 12-inch circle (about 1/4-inch thick).
- Bake for 20-22 minutes until golden and firm to touch.
- Remove crust from oven. Spread marinara sauce evenly over crust.
- Top with cooked chicken, cherry tomatoes, and mozzarella cheese.
- Return to oven and bake 8-10 minutes until cheese is melted and bubbly.
- Remove from oven and top with fresh basil.
- Let cool 2-3 minutes before slicing.

CALORIES
380-420
kcal

PROTEIN
28-32
grams

CARBS
36-40
grams

FIBER
6-8
grams

FAT
10-13
grams