

Arugula Prosciutto Zucchini Crust Pizza

INGREDIENTS

CRUST

- 2 cups grated zucchini
- 1/4 tsp salt
- 1/3 cup almond flour
- 1/2 cup mozzarella cheese, shredded
- 1 large egg
- 1/4 teaspoon dried rosemary
- 1/4 teaspoon black pepper

TOPPING

- 1/4 cup olive oil, divided
- 1 clove garlic, grated
- 1/2 teaspoon fresh rosemary, chopped
- salt and pepper, to taste
- 1/2 cup part-skim ricotta cheese
- 1 cup mozzarella cheese, shredded
- 2-3 ounces baby arugula
- 1 small shallot, thinly sliced
- 1/2 lemon, juiced
- 3 ounces prosciutto, thinly sliced
- 1/2 cup Parmesan cheese, shaved

DIRECTIONS

1. Preheat oven to 450-degrees. Line baking sheet with parchment paper and spray with cooking spray.
2. Place grated zucchini on 4 layers of paper towels or a clean dish towel and sprinkle with salt. Let sit for 5-10 minutes and then squeeze out excess moisture.
3. Place drained zucchini to a medium bowl. Add almond flour, egg, cheese, dried rosemary, and black pepper. Mix well.
4. Place zucchini dough in the middle of the baking sheet. Press into a rectangle or circle about 1/4-inch thick.
5. Bake crust for 12 minutes, until lightly browned and edges are crispy.
6. While the crust bakes, in a small bowl, combine 2 tablespoons olive oil with garlic, fresh rosemary, and salt and pepper to taste. Set aside.
7. Remove the crust from the oven, brush with the olive oil mixture and top with the ricotta and mozzarella. Return to the oven and bake until the cheese is golden and bubbly, about 6 more minutes.
8. While the pizza finishes baking, in a large bowl, toss together arugula, shallot, lemon juice, and remaining 2 tablespoons olive oil, and salt and pepper to taste. Set aside.
9. Top the pizza with the arugula salad, prosciutto and shaved Parmesan. Serve.

Recipe provided by Dana Mealing, RDN, LN, Tevis Center for Wellness. Recipe sources:

Arugula & Prosciutto Pizza with Zucchini Crust: www.diabetesfoodhub.org/recipes/arugula-prosciutto-pizza-with-zucchini-crust.html

Arugula-Prosciutto Pizza: <https://www.foodnetwork.com/recipes/food-network-kitchen/arugula-prosciutto-pizza-recipe-1973868>

