Rice Crusted Pizza

A fun and unique twist on pizza using rice as the crust. Enjoy this main dish with all of your favorite toppings!

Makes: 12 servings **Prep Time: 20 minutes** Cook Time: 30 minutes

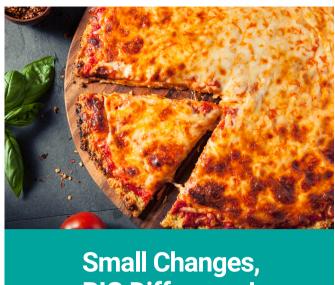
Source: MyPlate.gov

Ingredients

- 2 cups rice (cooked)
- 16 ounces mozzarella cheese, part skim
- 1 egg
- 1/4 teaspoon salt
- · 2 cups tomato puree

Directions

- 1. Heat oven to 350 degrees. Grease a 12 inch pizza pan or baking sheet.
- 2. Cook rice following directions on the package; set aside.
- 3. Grate cheese; set aside.
- 4. Crack egg and place in mixing bowl, stirring to blend. Measure and add 2 cups cooked rice, 1 cup grated cheese, and salt. Mix well to combine ingredients.
- 5. Spread rice mixture in prepared pan, pressing firmly and making outer edge slightly raised.
- 6. Spread tomato puree evenly over rice mixture.
- 7. Place pan in oven. Bake for 25 minutes.
- 8. Remove pan from oven sprinkle pizza with remaining cheese. Bake 5 minutes longer or until cheese melts.
- 9. Remove pizza from oven. Cut into 12 slices.



BIG Difference!









Nutrition Information

Serving Size: 1 slice, 1/12 of recipe	
Nutrients	Amount
Calories:	174
Total Fat:	<u>9g</u>
Saturated Fat:	<u>4g</u>
Cholesterol:	37mg
Sodium:	472mg
Total Carbohydrates:	<u>12g</u>
Dietary Fiber:	<u>1g</u>
Total Sugars:	<u>3g</u>
Added Sugars:	<u>0g</u>
Protein	<u>12g</u>

Utensils Needed

- Pizza pan or baking sheet
- Medium pot
- Cheese grater
- Mixing bowl
- **Fork**
- Spoon

- · Measuring cup
- Measuring spoon
- Pizza cutter
- Pot holder



SHOPPING LIST

SAVE TIME. SAVE MONEY

Average total cost without oil and seasonings: \$5.86

Average cost/serving: \$.49

Recipe makes: 12 servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart Brown Rice



Add 1 to Cart Mozzarella Cheese



Add 1 to Cart Eggs (1/2 dozen)



Add 1 to Cart Tomato Puree

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes:

- Create flavor changes by trying different kinds of rice, and different kinds of cheese.
- Use sliced or chopped green peppers, onions, mushrooms, or other vegetables as toppings to add flavor and nutrients.
- · Use brown rice to increase fiber.
- When choosing cheese, choose low-fat options.

