

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.



Small Changes,
 BIG Difference!



Nutrition Information

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

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.