

Kelly's Version of Turkey or Chicken Crusted Pizza

We are skipping the carbs today with this turkey crusted pizza! It is really good!

Paired it with a spring mix salad with grape tomatoes and red and green bell peppers topped with my homemade ranch dressing which is on my website for your reference and convenience!

I have tasted it and it is delish! I believe you will enjoy it!

My next one is going to have chicken for the crust, and I am thinking of topping it with purple onion, baby spinach, fresh basil(always on pizza), and artichokes! Yummy!

ENJOY!

RECIPE

Ingredients:

1 pound ground turkey or chicken (I used turkey on this one.)

1 cup grated mozzarella cheese (leave a little to sprinkle on top of pizza)

1/4 cup grated Parmesan cheese (leave a little to sprinkle on top of pizza)

1 egg

Rosemary seasoning

Oregano seasoning

Basil seasoning

Garlic powder

Sea Salt

Cracked black pepper

1/2 small can tomato sauce (with all seasonings generously added)

Red bell peppers julienned

Green bell peppers julienned

Sweet Yellow Onion julienned

Baby spinach chopped

Fresh basil chopped

Add any other toppings you would like – for instance, I add ham and bacon on occasion.

Preheat oven to 400 degrees. In a mixing bowl, combine turkey or chicken, egg, mozzarella cheese, Parmesan cheese, and all seasonings as desired.

(I began adding the spinach to the crust and cooked it in the crust. It is delicious and keeps the toppings to a minimum.)

In a cast iron skillet that has been treated with olive oil spray, press meat mixture into bottom of pan to form a pizza crust. Bake for 20 minutes.

Remove from oven and drain excess juices from pan. Spread seasoned tomato sauce generously on turkey crust leaving edges exposed.

Place all veggies on top as desired and sprinkle with cheese. Bake for 20 more minutes. Remove from oven and let sit for 5-10 minutes.

Slice and ENJOY!

PS All my meals are as all natural and as organic as possible to defeat the effects of preservatives, added hormones, and pesticides!

