

# Rice Crusted Pizza

This is a versatile, gluten free pizza recipe. Experiment using different kinds of rice, cheese and toppings.

- 2 cups cooked rice
- 16 ounces shredded mozzarella cheese
- 1 egg
- ¼ tsp. salt
- 2 cups tomato puree

## Directions

Heat the oven to 350 degrees Fahrenheit.

Grease a 12-inch pizza pan or baking sheet.

Crack the egg in a mixing bowl, stirring until blended.

Add the cooked rice, half of the cheese and the salt. Mix well to combine the ingredients.

Spread the rice mixture in the prepared pan, pressing firmly and making the outer edge slightly raised.

Cook for 10 minutes.

Spread the tomato puree evenly over the rice mixture, and sprinkle any additional toppings over the sauce.

Bake for 15 minutes.

Add the remaining cheese to the top and bake for an additional five minutes to melt it.

Makes: 12 servings

## Nutritional Information (per serving)

Total Calories 170

Total Fat 9 g

Protein 11 g

Carbohydrates 12 g

Dietary Fiber 1 g

Saturated Fat 5 g

Sodium 320 mg

\*Percent Daily Values are based on a 2,000 calorie diet.