



# PERSONAL GLUTEN-FREE PIZZA

## ingredients:

- 1 large portabella mushroom
- Vegetable oil cooking spray
- 1 Tablespoon pizza sauce
- 4 spinach leaves, chopped
- 1/4 teaspoon minced garlic
- 2 Tablespoons shredded mozzarella cheese
- 2 teaspoons fresh basil, chopped

## directions:

1. Preheat oven to 375° F.
2. Gently wash mushroom cap and pat dry with paper towels. Cut out the center stem and gently scrape out the gills with a spoon. Spray both sides of the mushroom with vegetable oil cooking spray. Place upside down on an ungreased baking sheet and bake for 5 minutes.
3. Remove mushroom from oven and spoon pizza sauce into the cap, top with chopped spinach, minced garlic, mozzarella cheese and basil. Bake for 10-12 minutes, or until cheese is lightly golden and melted.

Yield: 1 serving

## Nutrition Information Per Serving:

94 Calories  
4 grams Fat  
2 grams Saturated Fat  
8 mg Cholesterol  
169 mg Sodium  
8 grams Carbohydrates  
3 grams Sugar  
3 grams Fiber  
7 grams Protein

Food exchanges:

2 vegetable, 1/2 milk, 1 fat



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