

PIZZA BITES



INGREDIENTS:

- 1 small spaghetti squash
- 1/2 tbsp olive oil
- 1 tsp salt
- 1/3 cup Parmesan cheese
- 1.5 cup pizza sauce
- 6 oz shredded part skim mozzarella

DIRECTIONS:

1. Pre heat oven to 400 F
 2. Slice spaghetti squash lengthwise. Remove the seeds
 3. Coat the inside of the squash with olive oil and place on a baking sheet, flesh side down
 4. Cook for 40 minutes
 5. Allow the squash to cool enough to handle, ~15 minutes
 6. Scrape the flesh out of the squash and place in a large bowl
 7. Add the salt and Parmesan cheese to the spaghetti squash, mix well
 8. Lightly spray a muffin pan with cooking spray. Use your hands to press and mold the pizza cups.
 9. Bake at 400 F for ~20 minutes. The edges should start to brown
 10. Add 2 tbsp of pizza sauce and 1/2 oz of mozzarella cheese to each cup, bake for an additional 5-10 minutes or until cheese melts
 11. Use a spoon to carefully remove the pizza bites from the muffin pan
 12. Optional, top with oregano or herbs of choice
- Enjoy!

Makes 12 Pizza Bites | Macros for 1 Pizza Bite
Calories: 85 | Protein: 5 g | Carbs: 6 g | Fat: 5 g | Fiber: 1 g