



## Healthy Cottage Cheese Pizza



**Prep Time:** 10 Minutes

**Cook Time:** 8 minutes

**Servings:** 4

### Ingredients

- 1 cup low-fat Cottage Cheese
- 1/4 cup Grated parmesan cheese
- 1/4 teaspoon Dried Italian seasoning (try McCormick's brand)
- Black pepper
- Milk
- 4 Mini crusts or round sandwich flatbreads
- Parmesan cheese

Calories	<b>80</b>
Total Fat 3g	<b>5%</b>
Cholesterol 10mg	<b>3%</b>
Sodium 370mg	<b>15%</b>
Potassium 95mg	<b>3%</b>
Total Carbohydrate 4g	<b>1%</b>
Dietary Fiber less than 1g	<b>3%</b>
Sugars	<b>2%</b>

Note: Add shredded spinach leaves for more flavor and nutrients

### Directions

1. Preheat oven to 425.
2. Mix cottage cheese, Parmesan cheese, Italian seasoning & pepper (to taste) in blender or food processor. Add splash of milk if mixture is too thick.
3. Spread mixture on crusts, top with toppings of choice and shredded Parmesan.
4. Bake for 8 minutes.

Recipe Provided by Elizabeth M. Madison, **Holiday Farms** In-Store Registered Dietitian