

Quinoa-Crust Pizza

Prep: 15 minutes | Cook: 45 minutes | Chill: 6 hours | Total: 7 hours

Yield: 4 servings | Serving Size: 2 slices without optional toppings

Ingredients

¾ cup uncooked quinoa, rinsed

Water

2 tablespoons olive oil, divided

½ teaspoon baking powder

½ teaspoon salt

½ cup pizza sauce or marinara sauce
(store-bought or homemade)

1 cup shredded cheese (e.g. mozzarella, Italian
blend)

Optional toppings: Chopped or sliced
mushrooms, diced bell peppers, pepperoni,
diced onion, sliced or crumbled cooked
sausage, sliced olives, chopped fresh herbs, red
pepper flakes

Directions

1. Add the quinoa to a small mixing bowl. Add enough water to cover the quinoa by at least 1 inch. Let sit overnight, or at least 6 hours.
2. When the quinoa is done soaking, preheat the oven to 425°F.
3. Line a 9-inch round cake pan with a cut circle of parchment paper. Add 1 tablespoon of the oil to the pan. Spread the oil around with your hands or a pastry brush until the pan is evenly coated. Set aside.
4. Drain and rinse the soaked quinoa under running water.
5. Add the quinoa and ¼ cup water to a blender or food processor.
6. Add the baking powder, salt, and the remaining 1 tablespoon of olive oil. Blend until smooth and creamy. The mixture will look like a thick pancake batter.
7. Pour the quinoa crust batter into the prepared cake pan and spread into an even layer, then bake for 15 minutes.
8. Remove the pan from the oven, flip the quinoa crust over in the pan, then return it to oven. Bake until the crust is browned and the edges are crispy, about 10-15 minutes.
9. Top the crust with the sauce, cheese, and any other toppings you would like. Continue baking until the cheese has melted and started to brown and any vegetable toppings are tender, about 12-15 minutes.
10. Let the pizza cool in the pan for 5 minutes, then transfer to a cutting board and cut into eight slices. Serve warm.

**Nutrition Facts Per Serving: Calories: 215 | Total Fat: 10.5 g | Saturated Fat: 2 g
Sodium: 450 mg | Total Carbohydrate: 24.5 g | Dietary Fiber: 2.5 g | Protein: 7 g**

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