



Northeast Georgia Medical Center
BARIATRIC WEIGHT LOSS CENTER



Egg White Pizza

Serves: 1 Serving Size: Entire portion

Ingredients:

- Non stick cooking spray
- 2/3 cup liquid egg whites
- ¼ cup good tomato sauce
- 1 oz fresh mozzarella cheese, diced
- 2 pinches garlic powder
- Fresh basil, thinly sliced
- Any other topping you like on pizza

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Steps:

1. Spray non-stick spray onto a medium skillet and turn stove on to medium heat.
2. Pour in liquid egg whites and let it sit.
3. Use your spatula to pull the edges of the egg whites towards the middle of pan. This will help expose all egg whites for even cooking and let sit.
4. Carefully tap the egg white crust with your finger to check for doneness.
5. Spread tomato sauce evenly and add garlic powder.
6. Top with mozzarella cheese.
7. Top with fresh basil, turn the stove off and slide pizza onto a plate.

Nutrition Facts (per serving):

Calories: 189, Protein: 25 g, Fat: 5 g, Saturated Fat: 3.5 g, Carbohydrates: 5 g, Sugars: 3 g, Sodium: 361 mg

Recipe Source: Living with Ilana. <https://www.youtube.com/watch?v=PyfxAmAyBns>

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