

Lunch | Dinner

Lemon, Feta, & Zucchini Pizza

40 Mins
Prep Time

12 Mins
Cook Time

8
Servings

 **392 Calories** **12g Fat** **50g Carbs** **10g Protein**



Ingredients

 **8 Servings (Slices)** • **1 Slice Serving Size**  **52 Mins Total Time**  **Allergens: Dairy, Gluten, FODMAPs**

1 Package Whole Grain Pizza Crust Mix

1 Large Zucchini, thinly sliced either in matchsticks, long ribbons, or thin slices 

4 Cloves Garlic, 2 minced and 2 sliced

1 Tsp Kosher Salt, plus extra to taste

4 Tbsp Extra Virgin Olive Oil

2 Tsp Lemon Zest

8 Oz Feta Cheese Crumbles

½ Cup Scallions, white & light green parts only, thinly sliced

Nourishment Note!



Zucchini

Zucchini provides B vitamins that can help to increase energy levels.

Allergen Swap

Dairy Dairy-free cheese (such as vegan mozzarella)

Gluten Gluten free pizza crust

FODMAPs Omit the garlic; only use the green part of the scallion or omit

Instructions

1. Combine Ingredients & Strain

Combine the zucchini and minced garlic in a medium bowl. Add the kosher salt and toss to combine. Transfer the contents to a strainer and set over the bowl. Let rest for 20-30 minutes. Place contents in a paper towel and squeeze to remove the excess water. Set aside.

2. Cook Pizza Mix

Prepare and cook pizza mix according to package instructions.

3. Top Pizza

Once pizza is halfway through cooking, remove from the oven and quickly top the pizza with olive oil, zucchini, lemon zest, garlic slices, and feta cheese. Return to oven for cooking until feta cheese is melted.

4. Season

Remove from the oven and top with salt, pepper, and scallions.

RA Cooking Tips

Pizza Crust: Purchase pre-made pizza crust instead of a package mix. Follow package instructions for preparing, and top with above ingredients.

Lemon Zest: Try using 1-2 Tsp of pre-made lemon pepper instead of lemon zest to alleviate hand use during food preparation.

Zucchini: Purchase pre-sliced zucchini strips and omit step 1 of the recipe.

Cutting Pizza: When cutting the pizza, use a mezzaluna to alleviate hand use.

What You'll Need



Measuring Cup



Measuring Spoons



Cutting Board



Knife



Pizza Cutter



Citrus Zester



Large & Medium Bowls



Mesh Strainer



Spatula



Pizza Pan

Recipe adapted from [serious-eats.com](https://www.serious-eats.com)