

Lunch | Dinner

Lemon, Feta, and **Zucchini Pizza**

Side Effect: Altered Taste

40 Mins **Prep Time**

12 Mins Cook Time

Servings

392 Calories 12g Fat 50g Carbs

10g Protein



Ingredients

8 Servings • 1 Slice Serving Size



52 Mins Total Time



Allergens: Dairy, Gluten

- 1 Package Whole Grain Pizza Crust Mix
- 1 Large Zucchini, thinly sliced in matchsticks, long ribbons, or thin slices, wash before slicing
- 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, wash lemon before zesting



1/2 Cup Scallions, white and light green parts only, thinly sliced, wash before slicing

Allergen Swap

Dairy Replace the feta cheese with a dairy-free version.

Gluten Replace the regular pizza crust with a gluten-free version.

Nourishment Note



Garlic

Spices and seasonings, such as garlic and onion, may help those who are experiencing bitter or metallic taste changes.



1 Lemon

Citrus foods, such as limes, lemon, or oranges, can help add flavor to dishes when foods may taste bland.



Instructions

1. Wash Hands

Wash hands with soap and water.

2. Prepare Zucchini

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.

3. Prepare & Cook Pizza Crust

Prepare and cook pizza crust according to package instructions.

4. Add Pizza Toppings

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

5. Add Pizza Seasonings

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

6. Cool & Serve

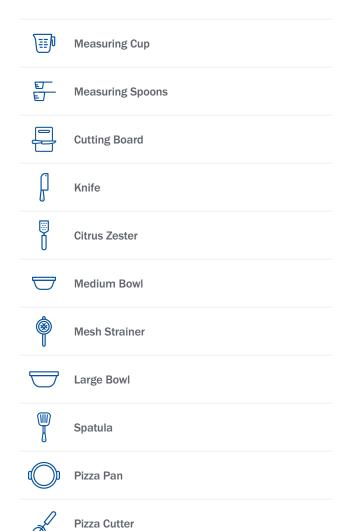
Allow pizza to cool before consuming. Pizza will keep covered in the refrigerator for about 2 days.

7. Wash Hands

Wash hands with soap and water.

Recipe adapted from seriouseats.com

What You'll Need



Fatigue Buster

- Purchase pre-made pizza crust instead of a packaged mix. Follow package instructions for preparing, and top with above ingredients.
- Purchase pre-sliced zucchini strips and omit step 1 of the recipe.
- Ask a friend or family member to help prepare this dish.