



Low Carb Pizza Casserole

- Colleen Groves, RD

Ingredients:

- 1 can (14.5 oz) diced tomatoes
(do not use petite dice)
- 5 links (19.5 oz) uncooked turkey Italian
sausage
- 2 teaspoons olive oil
- 2 additional teaspoons olive oil
- 1/2 teaspoon dried oregano
- 8-12 ounces of fresh mushrooms
(wash & cut into thick slices)
- 1 1/2 cups grated part-skim Mozzarella
cheese
- 15 slices pepperoni, cut in half
- salt and fresh-ground pepper to taste

Prep Time: 20 minutes

Cooking Time: 25 minutes

Servings: 6

Directions:

1 Preheat oven to 400 degrees F. Spray a 8" x 11" glass casserole dish with non-stick spray or olive oil.

2 Pour diced tomatoes into a colander placed in the sink; rinse with cold water. Drain a minute or two, then spread them out on paper towels to dry (or blot dry). Heat 2 tsp. olive oil in a large non-stick frying pan, squeeze the sausage out of the casing, and cook sausage over medium-high heat until it's nicely browned, breaking it apart as it cooks.

3 While sausage cooks, wash mushrooms, pat dry, slice into thick slices. When the sausage is done make a layer of sausage in the bottom of the casserole dish and top with the drained tomatoes, spreading them out over the top of the sausage. Season with dried oregano, salt, and fresh-ground black pepper.

4 Rinse out the pan if needed, then heat the other 2 tsp. of olive oil over medium-high heat. When the pan is hot add the mushrooms and cook, stirring a few times, until all the liquid is released and the mushrooms are starting to brown. Layer the mushrooms over the sausage-tomato mixture.

5 Cut pepperoni in half. Sprinkle the grated Mozzarella over the top of the casserole and lay the pepperoni pieces on top of the cheese, spacing them evenly so the whole top is covered with pepperoni. Bake about 25 minutes, or until the cheese is melted and starting to brown. Serve hot.

