



pizza marinara with arugula

Phase 1 Recipe

SERVES 1 | READY IN 20 MINUTES

Ingredients:

- 1 packet Ideal Protein Mashed Potatoes Mix
- $\frac{3}{4}$ teaspoon chopped fresh rosemary or $\frac{1}{4}$ teaspoon dried
- 3 tbsp water
- $\frac{1}{2}$ cup canned drained chopped tomatoes
- 1 garlic clove, minced
- $\frac{1}{4}$ tsp onion powder
- $\frac{1}{2}$ tsp Italian seasoning or oregano
- Pinch red pepper flakes, plus more for serving
- $\frac{1}{2}$ cup baby arugula or mixed Italian greens
- 2 tbsp Ideal Protein Balsamic Dressing
- 1 cup steamed rapini (broccoli rabe), asparagus, or other select vegetable

Preheat the oven to 375°F. Line a small sheet pan with parchment paper.

Stir the mashed potatoes mix, rosemary, and water together in a small bowl. Scrape the mixture onto the prepared pan. Moisten the back of a spoon (this will keep the dough from sticking) and spread the dough out to make a circle about 5 inches in diameter. Bake until very browned on top and bottom, 10 to 12 minutes.

Meanwhile, in a small saucepan, combine the tomatoes, garlic, onion powder, Italian seasoning, and red pepper flakes. Place over medium heat and simmer, stirring frequently, until flavors are combined and most of the liquid has evaporated, 6 to 7 minutes.

Spread the tomato sauce over the crust. Top with the arugula and drizzle with 1 tbsp of the dressing. Cut in half. Serve with the select vegetable on the side (or some on top of the pizza), drizzled with the remaining dressing.