

Chili Pizza (Phase 1)

Yield: 2 medium pizzas, equivalent to 2 Ideal Protein Diet protein food portions and 2 servings of vegetables.

Ingredients:

- 1 Ideal Protein Maple Oatmeal (preferably sweetened)
- 1 Ideal Protein Vegetable Chili
- ¼ teaspoon baking powder
- 3 small pinches of baking soda
- 4 oz of hot water
- 8 drops of extra virgin olive oil
- ¼ teaspoon of dried Italian herbs (basil, oregano, marjoram, hot peppers, garlic)
- Fresh garlic
- Walden Farms Tomato Basil Sauce
- Select vegetables, sliced thin
- Cooked chicken or beef, optional

Directions:

Preheat the oven at 350° F. Blend the contents of the oatmeal and the chili together with the baking powder, baking soda, hot water, virgin olive oil and dried herbs until the water is absorbed and all the dry ingredients are equally distributed. Rub fresh garlic directly onto a non-stick baking sheet. Spoon mixture into two pizza rounds and flatten out using wax paper sprayed with olive oil. Bake at 350° F for 15 minutes. Remove from the oven. Spoon Walden Farms Tomato Basil Sauce over pizza crust. Sautee thinly sliced mushrooms, eggplant, green peppers or any other vegetables of your choice from the select vegetable list. May also add cooked chicken and beef for an evening meal. Return to the oven or broiler, just long enough to roast the vegetables to taste. Remove from the oven and enjoy!

