

Chicken Pizza Crust

Chicken pizza crust has enjoyed recent popularity. It's a take on the popular low carb meatza recipes, typically made with a sausage or ground beef base. Find out how to make this almost zero carb pizza crust.

Ingredients

- 1 pound shredded chicken breast (or rotisserie) (approximately 4 cups)
- 1 cup pre-shredded mozzarella cheese (4 oz)
- 2 large eggs
- salt and pepper to taste

Instructions

Preparation:

1. Shred the chicken by hand or cut into chunks and place into a food processor to chop. Salt and pepper to taste - until it tastes good!
2. Pre-heat oven to 400 degrees F. Line a sheet pan (18x13 inch) with parchment paper.

Method:

1. Thoroughly mix the ingredients together with a spoon, spatula, or your hand.
2. Pat the chicken firmly onto the parchment, spreading it as thin as you can without leaving holes.
3. Bake for 20 minutes or until the edges brown and top begins to brown. (You may need to bake it longer depending on your oven.)
4. Top with your favorite pizza toppings and bake for 10 minutes more. Cut and serve. Enjoy with a fork. Re-heats nicely in the oven or microwave. Serves 4.
5. The crust is 1 carb per quarter of the recipe.

Notes

You can add any seasoning you want to this basic chicken crust recipe. Choose something that goes well with chicken.

Nutrition

Calories: 222kcal | Carbohydrates: 1g | Protein: 30g | Fat: 11g

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