

## **MEATZA**

*Serves 2-4*

### **INGREDIENTS**

- 1 lb ground meat of choice. Ground chicken, turkey, lean pork, or a combination would be ideal.
- 1 egg (or two egg whites + 1 tsp extra-virgin olive oil)
- 1 oz (about 1/4 cup) grated Parmesan cheese
- Sausage seasonings of choice. I used 1 tsp Italian seasoning, 1 tsp Adobo seasoning (basically a combo of salt, pepper, onion, and garlic), and 1 tsp fennel seed. Another option would be the Italian sausage seasoning that I used in this recipe, though I'd halve the salt and sugar. Or Penzey's sausage seasoning. Whatever you want!
- Sauce, cheese, and toppings of your choice

### **DIRECTIONS**

1. Preheat oven to 450
2. Beat the egg with Parmesan and seasonings. Add the ground meat and mix thoroughly.
3. Line a large pan with parchment paper (I used a round cake pan) or spray with olive oil. Pack the meat into the pan, making it slightly thicker at the outer edges to resemble a crust. Bake for 15-20 minutes or until done.
4. Spread with sauce, cheese and toppings. Broil until cheese is melted and bubbly.