**Deanna’s Spaghetti Squash Pizza Crust /**

**Flatbread**

**SmartPoints for the entire crust: ② ① ①**

* 1 medium spaghetti squash
* ½ cup liquid egg substitute
* ½ cup shredded fat-free mozzarella cheese
* ½ teaspoon garlic salt
* ½ teaspoon pepper
* 1 teaspoon dried oregano
* Nonstick cooking spray

Preheat the oven to 400°.

Cover a baking sheet with parchment.

Carefully cut the spaghetti squash lengthwise. Use a spoon to scrape out the seeds. Spray the cut side of the squash with cooking spray and sprinkle with garlic salt and pepper. Place squash cut-side down on the baking sheet and bake until tender, about 45 minutes. Using an oven mitt to handle, scrape out the flesh from its peel into a strainer and place over a large bowl to begin to drain the liquid. (Leave the oven on.)

When the squash is cool enough to handle, wrap the squash in a clean dishtowel and squeeze out all the excess water. (There will be tons of water in the squash. It is important to squeeze out as much as you can so that the crust will have a better texture.)

Drain the water from the bowl and wipe the bowl clean. Whisk the egg substitute well; add the mozzarella and oregano. Stir in the spaghetti squash until well combined.

Line the baking sheet with fresh parchment paper and spray with nonstick cooking spray. Transfer the squash to the center of the baking sheet and spread into a 12-inch circle. Bake until golden brown, about 20 minutes. Remove crust from oven and carefully turn it over using a wide spatula. Return to the oven and cook an additional 10 minutes. Top your pizza/flatbread as desired. For pizza or hot flatbreads, bake an additional 5-7 minutes. For a cheesy pepperoni and veggie pizza (1 SmartPoint per large slice-all plans), see my recipe for [Deanna’s Cheesy Pepperoni Pizza at deannathechef.com.](https://mcichon.wixsite.com/deannathechef/copy-of-cheesecake-6)