

## PIZZA

by John Jones, MD

### Make a frittata in the following manner:

3 Eggs  
1/2 cup Fancy Shredded 6 Cheese Italian Blend

Lightly beat eggs, add cheese, stir and pour into a 10 inch non stick pan with a metal handle that can be used under a broiler. Cook egg mixture on top of the stove until the top is just set and then put under broiler until golden brown.

### Pizza ingredients:

Boboli Pizza Sauce (or see my BB Sauce Recipe)

There are several other pizza sauces that could be used, but be sure and check the amount of carbohydrate in them.

1 cup grated, blended cheeses  
Grated Mozzarella or other cheese to taste  
Pre-cook Bacon, hamburger or ground pork  
Pepperoni (check the label for carbohydrate)  
Mushroom and/or Onion

(See Pizza/BBQ Sauce below) Pour 1/2 pouch of BOBOLI Pizza Sauce on top of the frittata while it is in the pan. Add blended Cheeses. Put the "pizza" back under the broiler until the cheese is melted and a bit brown here and there. Slide onto a plate. Separate into pieces with two forks, which works much better than a knife.

Carbohydrate per Serving is about 8 gm. Carbohydrate in the entire pizza is 17 gm at this point. I consider one serving for an adult as 1/3 to 1/2 of the pizza.

Mushroom and onion has some carbohydrate, and the total will depend on how much you use. If you prefer other ingredients, check the carbohydrate content.

**(See BBQ/Pizza sauce on page 2)**



Toll Free phone or Fax: 1-888-953-5553  
or visit [www.jjconsulting.net](http://www.jjconsulting.net)  
To order: [www.NutritionPureandSimple.com](http://www.NutritionPureandSimple.com)

## BBQ/Pizza Sauce

1 medium Onion, diced  
2 or 3 Garlic Cloves, chopped  
2 Tbs Bacon grease (my favorite), or olive oil, or lard  
1 can Tomato puree, 10 3/4 oz  
Balsamic Vinegar\* Use puree can to measure. \*\*  
4 Tbs Powdered mustard  
2 Tbs Worcestershire sauce  
1/8 Tsp Tabasco sauce to taste  
Black pepper and Salt to taste  
1 Tbs Molasses  
2 Tbs Sugar or sugar substitute

### Directions

Cook the onions in bacon grease until they just start to brown. Add garlic and cook until both are golden brown. Add the other ingredients and cook covered for about 1/2 hour.  
This sauce tastes great on almost anything.

This recipe produces about 30 gm carbohydrate per cup.

\* You can use a low cost balsamic vinegar.

\*\*You can use apple cider or wine vinegars for 0 gm C, but they will produce a harsher taste. You could also dilute the Balsamic or other vinegars with water to equal the amount of puree - depending on your taste, and/or you need to keep the carbohydrate levels low.



**Toll Free phone or Fax: 1-888-953-5553**  
or visit [www.jjconsulting.net](http://www.jjconsulting.net)  
To order: [www.NutritionPureandSimple.com](http://www.NutritionPureandSimple.com)