

Lunch | Dinner

Lemon, Feta, and Zucchini Pizza

Side Effect: Altered Taste

40 Mins
Prep Time

12 Mins
Cook Time

8
Servings

392 Calories **12g** Fat **50g** Carbs **10g** Protein



Ingredients

8 Servings • **1** Slice Serving Size **52** Mins Total Time **Allergens:** Dairy, Gluten

1 Package Whole Grain Pizza Crust Mix

1 Large Zucchini, thinly sliced in matchsticks, long ribbons, or thin slices, **wash before slicing**

4 Cloves Garlic, 2 minced and 2 sliced **🧄**

1 Tsp Kosher Salt, plus extra to taste

4 Tbsp Extra Virgin Olive Oil

2 Tsp Lemon Zest, **wash lemon before zesting** **🍋**

8 Oz **Pasteurized** Feta Cheese Crumbles

½ Cup Scallions, white and light green parts only, thinly sliced, **wash before slicing**

Allergen Swap

Dairy Replace the feta cheese with a dairy-free version.

Gluten Replace the regular pizza crust with a gluten-free version.

Nourishment Note



🧄 Garlic

Spices and seasonings, such as garlic and onion, may help those who are experiencing bitter or metallic taste changes.



🍋 Lemon

Citrus foods, such as limes, lemon, or oranges, can help add flavor to dishes when foods may taste bland.

Instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Prepare Zucchini

Combine the zucchini and minced garlic in a medium bowl. Add the kosher salt and toss to combine. Transfer the contents to a strainer and set over the bowl. Let rest for 20-30 minutes. Place contents in a paper towel and squeeze to remove the excess water. Set aside.

3. Prepare & Cook Pizza Crust

Prepare and cook pizza crust according to package instructions.

4. Add Pizza Toppings

Once crust is halfway through cooking, remove from the oven and quickly top with olive oil, zucchini, lemon zest, garlic slices, and feta cheese. Return to oven for cooking until feta cheese is melted and crust is cooked through.

5. Add Pizza Seasonings

Remove from the oven and top with salt, pepper, and scallions.

6. Cool & Serve

Allow pizza to cool before consuming. Pizza will keep covered in the refrigerator for about 2 days.

7. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe adapted from [seriouseats.com](https://www.serious-eats.com)

What You'll Need



Measuring Cup



Measuring Spoons



Cutting Board



Knife



Citrus Zester



Medium Bowl



Mesh Strainer



Large Bowl



Spatula



Pizza Pan



Pizza Cutter

Fatigue Buster

- Purchase pre-made pizza crust instead of a packaged mix. Follow package instructions for preparing, and top with above ingredients.
- Purchase pre-sliced zucchini strips and omit step 1 of the recipe.
- Ask a friend or family member to help prepare this dish.