

Zucchini Bread Recipes

Easy Zucchini Pizza Crust Recipe - Healthy & Low Carb

20 min Prep time	**25 min** Cook time	**45 min** Total time
4 Servings	**Easy** Difficulty	**American / Italian-Inspired** Cuisine

Ingredients

For the Zucchini Crust

- [ ] 2 cups packed shredded zucchini (about 2 medium zucchini)
- [ ] 1 large egg, lightly beaten
- [ ] 1/2 cup shredded mozzarella cheese
- [ ] 1/4 cup grated Parmesan cheese
- [ ] 1 tsp Italian seasoning
- [ ] 1/2 tsp garlic powder
- [ ] 1/4 tsp salt
- [ ] Pinch of black pepper

Suggested Toppings

- [ ] 1/3 cup pizza sauce or tomato sauce
- [ ] 1 cup shredded mozzarella cheese
- [ ] Your favorite toppings (e.g., sliced mushrooms, bell peppers, olives, fresh basil)

Instructions

1. First things first, let's preheat the oven to 425°F (220°C). It needs to be nice and hot to create a good crust. While it heats, grate your zucchini. You can use a food processor with the shredding attachment or just a simple box grater. Place the shredded zucchini in a bowl and toss it with the 1/4 teaspoon of salt. Let it sit for about 10 minutes. This little step coaxes the water out, which is exactly what we want. You'll see little pools of water forming almost immediately.

2. Now for the most important part! Transfer the salted zucchini to a clean kitchen towel or a few layers of cheesecloth. Gather the edges and twist, squeezing out as much liquid as you possibly can over a sink. Seriously, put some muscle into it! You'll be amazed at how much water comes out. The goal is a compact, surprisingly dry ball of zucchini. Getting rid of this water is the absolute key to a crust that isn't soggy. Once you think you're done, give it one more squeeze for good measure.

3. Place your squeezed, dry zucchini into a clean bowl. Add the lightly beaten egg, the 1/2 cup of mozzarella, the Parmesan, Italian seasoning, and garlic powder. Mix everything together really well until it's all combined. I find using my hands is the easiest way to do this. Line a baking sheet with parchment paper—this is a must! Plop the zucchini mixture onto the center and use your hands or a spatula to press it into a 10-inch circle, about 1/4-inch thick. Try to make the edges a tiny bit thicker to form a nice little rim.

4 Time for the pre-bake. Slide the baking sheet into your hot oven and bake for 15-20 minutes. You're looking for the crust to be dry to the touch and beautifully golden brown around the edges. Carefully remove it from the oven. Now you can add your toppings! Spread a thin layer of sauce, sprinkle with the remaining mozzarella and your other favorite toppings. Pop it back into the oven for another 8-10 minutes, or until the cheese is bubbly and melted. Let it rest for a few minutes before slicing—this helps it set up perfectly.

Nutrition per serving

180 kcal	14 g	8 g	11 g
Calories	Protein	Carbs	Fat

Tips & notes

- A pizza stone can work wonders here. If you have one, preheat it in the oven and slide the parchment paper with the crust directly onto the hot stone. It helps create an even crispier bottom.
- Feel free to play with the seasonings in the crust. A pinch of red pepper flakes adds a nice warmth, or some dried oregano can boost that classic pizza flavor. It’s a great canvas for experimentation.
- Don't have a thin kitchen towel? A nut milk bag works incredibly well for squeezing the water out of the zucchini. It's strong and the fine mesh lets all the water out without losing any of the zucchini shreds.