



PIZZA MASH

Recipe developed by Chef Paige Vondran

	Ingredients	Exchanges
Protein	51.8 gm whole milk ricotta cheese	3 (-3 gm fat)
Fat	17.8 gm olive oil	6 (-6.25 gm)
Carbohydrate	36.8 gm Rao's Sensitive® marinara sauce	1.3 (-3.25 gm fat)
Other	Salt, pepper, dried oregano, garlic powder	

DIRECTIONS

- Combine all ingredients in a small bowl.
- Season with salt, pepper, garlic powder, and dried oregano.
- Stir until smooth.
- Serve chilled or store in sealed container in the refrigerator.

VARIATIONS

- Rao's Sensitive® marinara is an unseasoned sauce which yields a larger carbohydrate volume and greater fat adjustment. Original Rao's® marinara or regular non-brand marinara can also be used when calculated to the correct exchange.
- Other oils can be used such as canola or vegetable.
- Mozzarella cheese could also be added to this recipe.