

Low FODMAP Rocky Mountain Breakfast Pizza with Egg Pancake

The inspiration for this delicious, Rocky Mountain g'morning! pizza is the Denver Omelet. Back in the old west days it was known as the Western Sandwich or Denver Sandwich. Over the years, it became an omelet with eggs, cubed ham, diced onion, green bell pepper, and sometimes cheese.

This low FODMAP version uses a Schar brand Gluten-Free 10-inch (25 cm) Pizza Crust that is Monash FODMAP Certified, diced ham, a salsa of green parts of scallions, diced Roma tomato, fresh lime juice, and canned chopped green chiles as a nod to Colorado's green chile and salsa culture.

Rather than making a scrambled egg topping, I prefer the clean presentation of a large egg pancake that tops the pizza crust. It mimics an omelet and also makes for a less messy bite without scrambled eggs falling about.

If you are using a different low FODMAP pizza crust, set your oven temperature to the package/recipe instructions and par-bake it for half the full baking time before inverting the egg pancake and adding toppings. Then pop it back in the oven for the final bake.

This is a pizza to flip over!

Serves: 3 to 4

INGREDIENTS

- 1 can (113 g) mild, chopped green chiles, well drained
- 5 scallions, green parts only, thin sliced
- 3 tablespoons fresh, small diced Roma tomato
- Juice of 1/2 lime, plus more for garnish wedges
- 1 Schar low FODMAP gluten-free pizza crust
- Cooking oil spray
- 4 large eggs, beaten
- 3 tablespoons canned, plain tomato puree
- 1/2 cup (approx. 65 g) cooked, cubed ham
- Small handful of fresh cilantro leaves, rough chopped

METHOD

Preheat oven to 410 F / 210 C

Mix the green chiles, scallion greens, tomato and lime juice in a small bowl. Set aside.

Place the pizza crust on a rimmed baking sheet and spray the edges of the crust with cooking oil spray. This will help it to brown on the edges. Bake for 4 minutes. Remove from the oven and let cool until you are able to pick it up with your hands.

Coat a 10-inch (25 cm) nonstick skillet with cooking oil spray and place it over medium heat. Pour in the beaten eggs, cover with lid and let cook undisturbed for 1 1/2 minutes. Lift the lid and check to see if the edges are just cooked and the center is slightly jiggly. You don't want to cook the egg completely through, as it will finish in the final bake. You are looking for a consistency that is firm enough to invert onto the pizza crust. If the pancake is still loose, cover with lid, cook 1 minute more and check again. Remove from heat, leaving the pancake in the pan.

Spread the tomato puree evenly onto the pizza crust, leaving a 1-inch (2.5 cm) margin around the edges. Place the crust sauce side down onto the egg pancake. Firmly place your hand on the crust and invert the pan. Place the pizza on the baking sheet. Use your hands to center the pancake if needed.

Assembly: Evenly sprinkle the top with the salsa and cubed ham. Bake 3 to 4 minutes or until the toppings are heated through. Top with fresh cilantro. Cut into 6 or 8 slices, two per person. Place a small lime wedge on each plate. Serve immediately.

TIPS:

Tablespoons: are US 3 teaspoons per tablespoon.

If tolerated, top with 1/4 cup (40 g) grated Monterey Jack or mozzarella cheese before baking.

When using fresh instead of canned green chiles, you will need 2 medium fresh Colorado Greens (or variety that is available to you), roasted, prepped and chopped. Tap here for step by step chile roasting and prepping instructions with photos.

If cooking with fresh green chiles is new to you, tap here for description and flavor information.

When selecting ham, be sure to read the label for any high FODMAP ingredients such as: honey, garlic, onion, celery, high fructose corn syrup or other HiFO ingredients. For more info, tap here for an All About Ham article from our friends at FODMAP Everyday.

The pizza shown in the photo was topped with a pan cooked, cubed pork chop and it was delicious. Rough chopped sliced ham will also work well.

If your skillet does not have a lid, use foil to cover the egg pancake while cooking.

Buen provecho!



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