

RECIPE

Cauliflower Pizza



Serves: **4**

Serving Size = **1 slice**

Prep Time: **20 minutes**

Cook Time: **35 minutes**

Nutrition Facts

Calories: 167

Fat: 7 g

Carb: 13 g

Fiber: 5 g

Protein: 13 g

Sugar: 5 g

Ingredients

- 1 medium – cauliflower
- 3 ounce – mozzarella cheese
- 1 ounce – Parmesan cheese
- 1/2 teaspoon – basil, dried
- 1/2 teaspoon – parsley, dried
- 1/2 teaspoon – oregano, dried
- 1/2 teaspoon – salt
- 1/2 teaspoon – black pepper, ground
- 1 large – egg
- TOPPINGS:
 - 8 jumbo - black olives, canned
 - 1 cup, chopped – bell pepper, green
 - 1/2 cup, pieces or slices – mushrooms, white
 - 1 cup – pizza sauce

Preparation

1. Preheat the oven to 400 degrees F. Grease a pizza pan or use a pizza stone.
2. Chop cauliflower into florets. Add to a food processor and pulse until it becomes crumbly. Put into a microwave safe bowl and cook in microwave for 2-3 minutes until tender. Allow to cool on a clean dish towel.
3. Once cooled, squeeze out any excess moisture by wringing the cauliflower inside the towel. Transfer cauliflower into a clean mixing bowl.
4. Grate the cheese; add 1/4 cup of the mozzarella, Parmesan, basil, parsley, oregano, salt, and pepper into the bowl. Toss to combine, and then add the egg. Stir until completely mixed together.

5. Place "dough" onto a greased pizza pan or pizza stone. Shape into the crust, making it thicker than you would for a regular pizza crust. Set aside. Place into the oven and bake for 15-20 minutes, or until golden.
6. Slice olives, dice pepper and cut mushrooms into smaller pieces. Spread pizza sauce over the crust and sprinkle it with toppings and remaining cheese.
7. Place pizza back into the oven and bake for 10 minutes. Allow to slightly cool before serving.

Tips

The key to making a really good cauliflower pizza crust is to squeeze the cooked cauliflower to get the most liquid out that you can. The cauliflower should be mostly dry when you are done. Here are the steps to making this delicious cauliflower crust.

There are some great store-bought options for cauliflower pizza crust. However, there is just something about making your own from scratch that gives the flavor and texture a boost. Trader Joe's has a cauliflower pizza crust that is vegan – no cheese or eggs. That may be a great option for those of you who have kids with food allergies or choose to eat a vegan diet.