

Cauliflower Crust Pizza



This week I decided to give Kati's Cauliflower pizza a try because I wanted pizza and I need to eat more veggies everyday and this was going to be it! I didn't tell my husband what the pizza was made of because I didn't want him to bawk at it! It actually was REALLY good! I would totally make it again! It definitely isn't Pizza Hut Pizza but it does the trick for me! So if you don't want to totally kill all of your hard work then I strongly recommend this recipe! I added some red onion, green peppers, mushrooms and spinach to my pizza! I just sauteed them in a little olive oil and garlic and placed on top!

- 1 cup cooked, riced cauliflower
- 1 cup shredded mozzarella cheese
- 1 egg, beaten
- 1 teaspoon dried oregano
- ½ teaspoon crushed garlic
- ½ teaspoon garlic salt
- olive oil (optional)
- pizza sauce, shredded cheese and choice of your toppings
- To "rice" the Cauliflower: Take 1 large head of fresh cauliflower, remove stems and leaves, and chop the florets into chunks. Add to food processor and pulse until it looks like grain. Do not over-do pulse or you will puree it. (If you don't have a food processor, you can grate the whole head with a cheese grater). Place the riced cauliflower into a microwave safe bowl and microwave for 8 minutes. There is no need to add water, as the natural moisture in the cauliflower is enough to cook itself. One large head should produce approximately 3 cups of riced cauliflower. The remainder can be used to make additional pizza crusts immediately, or can be stored in the refrigerator for up to one week.

To Make the Pizza Crust:

1. Preheat oven to 450 degrees. Spray a cookie sheet with non-stick cooking spray.
2. In a medium bowl, stir together 1 cup cauliflower, egg and mozzarella. Add oregano,

crushed garlic and garlic salt, stir. Transfer to the cookie sheet, and using your hands, pat out into a 9" round. Optional: Brush olive oil over top of mixture to help with browning.

3. Bake at 450 degrees for 15 minutes.
4. Remove from oven.