



## Cauliflower Crust Pizza



1 pizza (1/2 of recipe): 269 calories, 11g total fat (6.5g sat. fat), 826mg sodium, 21.5g carbs, 8g fiber, 9.5g sugars, 24.5g protein

**Prep:** 25 minutes    **Cook:** 50 minutes



### Ingredients

#### Crust

5 cups roughly chopped cauliflower (about 1 medium head)  
1/4 cup (about 2 large) egg whites  
1/4 cup shredded part-skim mozzarella cheese  
2 tbsp. grated Parmesan cheese  
1 tsp. Italian seasoning  
1/4 tsp. black pepper  
1/8 tsp. salt

#### Topping

1/2 cup canned crushed tomatoes  
1/2 tsp. garlic powder  
1/2 tsp. onion powder  
1/2 tsp. Italian seasoning  
1/2 cup shredded part-skim mozzarella cheese  
2 tbsp. finely chopped fresh basil

### Directions

Preheat oven to 400 degrees. Line a baking sheet with parchment paper.

Working in batches as needed, pulse cauliflower in a food processor until reduced to the consistency of coarse breadcrumbs.

Transfer cauliflower to a large microwave-safe bowl; cover and microwave for 3 1/2 minutes.

Uncover and stir. Re-cover and microwave for another 3 1/2 minutes, or until hot and soft.

Transfer cauliflower to a fine-mesh strainer, and thoroughly drain. Using a clean dish towel (or paper towels), press out as much moisture as possible. (There will be a lot of excess liquid.)

Return cauliflower to the bowl, and add remaining crust ingredients. Mix thoroughly.

To form the crusts, evenly divide cauliflower mixture into two circles on the parchment-lined baking sheet, each about 1/4-inch thick and 7 inches in diameter.

Bake until the tops have browned, about 35 minutes.

Meanwhile, in a medium bowl, combine crushed tomatoes, garlic powder, onion powder, and Italian seasoning. Mix well.

Spread seasoned tomatoes over each crust, leaving a 1/2-inch border. Sprinkle with cheese and basil.

Bake until cheese has melted and crust is crispy, 5 - 7 minutes.

MAKES 2 SERVINGS

**Don't have a fine-mesh strainer?** [Click here](#) to buy an inexpensive one on Amazon! You can also skip that step by using a clean dish towel to wring out the water. To do this, first let the cauliflower

cool. Then transfer it to the center of the dish towel, and wrap the towel up around it. Wring it out over the sink, getting rid of as much liquid as possible.

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