

Cauliflower Pizza



Serving size: 2 (1/2 pizza)

TOTAL TIME



DIFFICULTY



VEGETARIAN



GLUTEN-FREE

Preparation

1. Preheat oven to 325° F. Place tomatoes on a small baking sheet and bake for 1 hour or until shriveled. Set aside.
2. When tomatoes are finished, Place pizza stone or baking sheet in oven and preheat to 450° F. On a cutting board, place a large piece of parchment paper and lightly coat with olive oil.
3. Remove just the florets from the cauliflower and pulse in a food processor for about 30 seconds until you get a fine “snow-like” texture (about 2-3 cups).
4. Place cauliflower in a microwave safe bowl, cover, and microwave for 4 minutes. Dump cauliflower onto a clean towel and cool until it’s no longer hot to touch.
5. Once cauliflower is cool to handle, wrap it in the towel and squeeze out as much water as possible (about 1/3 cup of water should be removed).
6. Empty cauliflower into a bowl, add the parmesan cheese, 1/4 cup mozzarella cheese, spices, and egg, and mix with clean hands.
7. Place dough onto oiled parchment paper and form crust (crust will be about 10-12 inches). Using cutting board, carefully slide parchment paper onto hot stone or baking sheet. Bake for 8-11 minutes until crust is browned.
8. Remove from oven and top with roasted tomatoes and remaining cheese. Return to oven until toppings are hot and melted (about 5-7 minutes). Top with arugula before serving.

Ingredients

- 1/2 cup cherry or grape tomatoes
- 1 head cauliflower
- 1 teaspoon olive oil
- 1/4 cup reduced fat parmesan cheese, shredded
- 1/2 cup reduced fat mozzarella cheese, shredded, divided
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- Dash of red pepper flakes (optional)
- 1 egg
- 1 cup arugula



Nutrition Facts Per Serving

Calories	220
Fat	10g
Saturated Fat	4g
Cholesterol	24mg
Carbohydrate	19g
Fiber	7g
Protein	20g