



## Cauliflower Pizza

### INGREDIENTS

#### Cauliflower Crust:

½ head cauliflower; chopped  
½ tsp oregano and basil  
½ tsp garlic powder and salt  
1 cup Parmesan cheese  
1 large egg

#### Toppings:

Sliced fresh tomato  
Sliced mushrooms  
½ cup crumbled feta cheese

#### Special Equipment:

A pizza stone and peel,  
OR 2 rimless baking sheets  
Parchment paper

### DIRECTIONS

Place a pizza stone or one rimless baking sheet in the oven; preheat to 475 F.

Add the cauliflower to a food processor; pulse until finely ground, about the consistency of couscous. Pour the cauliflower onto a clean kitchen towel or cheese cloth and squeeze out as much liquid as possible. Discard water.

In a large bowl, add the cauliflower, oregano, basil, garlic powder, salt, pepper, Parmesan, and egg. Mix by hand until the mixture holds together when pinched.

Spread the cauliflower mixture onto the parchment approximately ¼-inch thick. Slide the parchment onto the preheated pizza stone or baking sheet. Bake until the cauliflower crust is barely golden and darker at the edges, about 10-15 minutes.

Remove the crust from the oven, sprinkle with the mozzarella (this keeps the crust dry). Top with your favorite veggies. Bake for another 5-10 minutes, or until the cheese is melted.

Cut into 6 slices; 110 calories per slice.