



From the Kitchen of Executive Chef Jessica VanRoo

Cauliflower Crust Cheese Pizza

Serves 4

411 calories per serving

Description from Living Well UCI Health Blog: www.ucihealth.org/blog

Did you know that cauliflower makes a delicious low-carbohydrate, low-calorie pizza? Dress it up with your favorite toppings and you have a practically guilt-free meal.

Cauliflower also is packed with fiber and antioxidants, vitamins B and C, and has been shown to improve digestion and prevent cancer, says Rankell.

Total cost: \$3.53/ \$0.88 per serving

Ingredients - Crust

- 1/2 medium head of cauliflower (substitute 4 cups of florets or 2 1/2 cups frozen "riced" cauliflower)
- 2 1/2 tablespoons ground flaxseed or ground chia seeds
- 1/4 cup water
- 1/3 cup whole wheat or gluten-free flour (almond, quinoa or gluten-free blends)
- 1 teaspoon Italian seasoning
- 1/2 teaspoon garlic powder
- 1/2 teaspoon kosher salt
- 1 tablespoon mint, minced
- 1 teaspoon fresh ginger, grated
- Salt and black pepper to taste
- 2 tablespoons olive oil

Ingredients - Toppings

- 1/4 to 1/2 cup pizza sauce
- 8 ounces of mozzarella cheese, shredded
- Pepperoni slices, veggies and other desired toppings



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Instructions

1. Preheat oven to 400 degrees.
2. If using fresh cauliflower, break head into florets and steam until tender. (To steam in microwave, place florets in a bowl with a little water, cover and cook for 2 minutes. Stir and cook 1-2 minutes more, or until tender.) Florets should fall apart when you pierce them with a fork or knife.
3. Allow cauliflower to cool down enough to handle. Drain excess water and place in a food processor. Mix and pulse cauliflower until it resembles fine couscous.
4. If using frozen "riced" cauliflower, allow to thaw completely and place in a towel or cheesecloth. Squeeze out excess moisture.
5. Combine all ingredients except pizza toppings and form into a ball. Press or roll into a crust about 1/4-inch thick.
6. Bake for 20-25 minutes or until firm. For a crispier pizza, flip the crust for the last 5 minutes of cooking time to "dry" out the other side.
7. Remove crust from oven, spread the pizza sauce then add desired toppings, cheese first.
8. Place the pizza back into the 400-degree oven or under the oven's broiler, until the cheese is melted. Serve.