

Cauliflower Crust Pizza

Servings: 4

From http://www.pauladeen.com/recipes/recipe_view/cauliflower_crust_pizza/

Ingredients

Non-stick spray

2 cups grated cauliflower (about 1/2 a large head)

1 large egg, lightly beaten

1 cup shredded part skim mozzarella

2 tablespoons grated Parmesan cheese

1/4 tsp salt

1/4 tsp pepper

1/4 cup homemade or store bought tomato sauce

1/4 cup shredded part skim mozzarella cheese

1 cup grape tomatoes, sliced in half

1 tsp minced garlic

1/4 teaspoon crushed red pepper flakes

1/4 cup basil leaves, for garnish

Preparation

1) Heat oven to 425 degrees. Line a rimmed baking sheet with parchment paper.

2) Grate the cauliflower using a box grater until you have 2 cups of cauliflower crumbles. Place in a large bowl and microwave for 7-8 minutes, or until soften. Remove and let cool. Mix in the egg, mozzarella, Parmesan cheese, and salt and pepper. Once combined, pat into a 10-inch round on the prepared pizza pan. Spray lightly with non-stick spray and bake for 10-15 minutes, or until golden.

3) Top the pizza with sauce, mozzarella, grape tomatoes, garlic, and red pepper flakes. Bake in the oven until melted and bubbly, another 10 minutes. Top with basil before serving.