

Favorite Cauliflower Pizza Crust

Ingredients:

Crust:

1 cup (100 g) grated raw cauliflower (2 Greens)

1/4 cup egg substitute ~ egg whites or egg beaters
(1 1/3 Condiments)

1/2 cup 2% reduced fat three cheese Mexican blend
or mozzarella cheese (1/2 Lean)

1/4 tsp Mrs Dash garlic and herb seasoning ~ optional
(1/2 Condiment)

Toppings:

1/2 cup 2% reduced fat mozzarella cheese, shredded
(1/2 Lean)

1/2 cup Great Value Italian diced tomatoes

or an approved pasta sauce such as 1/4 cup Rao's Marinara Sauce (1 Green)

or use 2 tbsp Rao's Marinara sauce so you can add 1 serving of veggies to your pizza (1 Condiment)

Directions:

Preheat oven to 425 degrees. Place parchment paper (not waxed paper) on a baking sheet and spray lightly with cooking spray. Combine grated cauliflower, egg substitute, 1/2 cup cheese, and Mrs. Dash garlic and herb seasoning until mixed completely. Spoon mixture onto prepared baking sheet. Use the back of a spoon to thin out mixture (or your hands) and form a circle about the size of a dinner plate without the rim. The thinner the crust, the better. Bake for about 22 to 25 minutes. Using a spatula to lift all edges of the crust off the parchment, carefully flip the pizza crust over. Bake an additional 10 to 15 minutes or until edges are brown and crisp. Let cool.

Spread tomato sauce and sprinkle 1/2 cup of cheese on top. Bake for an additional 5 minutes or until cheese is melted.

If you are making several cauliflower pizza crusts like I usually do, you can put the cooled crusts in gallon sized Ziploc bags to store in the freezer. I usually can fit 4 to 5 pizza crusts in a Ziploc bag. No need to wrap each one separately. When ready to eat, remove from freezer. Top with sauce and toppings. Bake for about 10 to 15 minutes at 425 degrees or until cheese has melted. Enjoy!

1 Cauliflower crust is 1 Serving

