



RECIPES

Veggie Pizza with Cauliflower Crust

INGREDIENTS:

1 medium to large cauliflower, should yield about 4-4 ½ cups once processed

¼ tsp salt

½ tsp dried basil

½ tsp dried oregano

½ tsp garlic powder

½ tsp red pepper flakes

¼ cup shredded parmesan cheese

¼ cup shredded mozzarella cheese

1 egg and 1 egg white

Pizza sauce

Mozzarella or parmesan cheese for pizza topping

Veggie toppings of your choice

INSTRUCTIONS:

1. Preheat oven to 450°F. Use pizza stone or baking sheet with parchment paper sprayed with non-stick cooking spray.
2. Wash and dry one head cauliflower, cut off florets (you don't need much of the stems). Pulse florets in food processor for about 30 seconds until you get a powdery snow like cauliflower.
3. Place cauliflower in microwavable bowl and cover. Microwave 5-6 minutes until soft. Dump cooked cauliflower on clean tea towel and let cool a bit before squeezing out as much water as possible. This will ensure you get a chewy pizza instead of a crumbly mess.
4. Place drained cauliflower in bowl, add cheese, and seasonings and mix. Add egg and egg white and mix thoroughly, use hands to get a well incorporated dough.
5. Use your hands to form dough on parchment paper into pizza crust, try to get crust about ½ inch thick. Bake for 20-25 minutes until golden brown.
6. Top crust with sauce, cheese and desired toppings and bake an additional 10-15 minutes until cheese is melted and slightly golden.
7. Allow pizza to cool for a couple minutes, then cut and enjoy!

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Adapted From: <http://www.theluckypennyblog.com/2013/02/the-best-cauliflower-crust-pizza.html>

