

Healthy Pick of the Month: Grain-Free Cauliflower Pizza

Makes one approx. 10-12 inch pizza

Ingredients

- 1 small to medium sized head of cauliflower (should yield 2 to 3 cups once processed)
- 1/4 teaspoon kosher salt
- 1/2 teaspoon dried basil (crush it even more between your fingers)
- 1/2 teaspoon dried oregano (crush it even more between your fingers)
- 1/2 teaspoon garlic powder
- Crushed red pepper (optional)
- 1/4 cup shredded parmesan cheese
- 1/4 cup mozzarella cheese
- 1 egg
- Desired amount of sauce, cheese for topping, and other toppings



Instructions

1. Place a pizza stone or baking sheet in the oven. Preheat to 450 degrees.
2. On a cutting board, place a large piece of parchment paper and spray it with nonstick cooking oil.
3. Wash and thoroughly dry a small head of cauliflower. Cut off the florets, you don't need much stem. Pulse cauliflower in your food processor for about 30 seconds, until you get powdery snow like cauliflower. You should end up with 2 to 3 cups cauliflower "snow".
4. Place the cauliflower in a microwave safe bowl and cover. Microwave for 4 minutes. Dump cooked cauliflower onto a clean tea towel and allow cooling before attempting the next step.
5. Once cauliflower is cool enough to handle, wrap it up in the dish towel and wring it out as much as possible.
6. Dump cauliflower into a bowl. Add 1/4 cup parmesan cheese, 1/4 cup mozzarella cheese, 1/4 teaspoon kosher salt, 1/2 teaspoon dried basil, 1/2 teaspoon dried oregano, 1/2 teaspoon garlic powder, and a dash of red pepper (if desired). Lastly, add your egg then mix it all up. Hands tend to work best.
7. Once mixed together, use your hands to form the dough into a crust on your oiled parchment paper. Pat it down thoroughly; you want it nice and tightly formed together. Don't make it too thick or thin either.
8. Using a cutting board slide the parchment paper onto your hot pizza stone or baking sheet in the oven. Bake for 8 to 11 minutes, until it starts to turn golden brown. Remove from oven.
9. Add your sauce, cheese, and whatever toppings you want. The cauliflower pizza is more delicate than traditional pizza crust so don't load the crust too much.
10. Slide parchment with topped pizza back in the hot oven and cook for another 5 to 7 minutes until the cheese is melted, bubbly, and slightly golden. Allow to cool for a couple of minutes before cutting and serving.