

CAULIFLOWER CRUST PIZZA

Cauliflower Crust Pizza

Bariatric, Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly

Serves: 2 (Serving = 1/2 the pizza)

Nutrition (per serving)

| | |
|--------------------|------------------------|
| Calories: 234 | Total Carbohydrate: 17 |
| Total Fat: 11 g | Dietary Fiber: 5 g |
| Saturated Fat: 6 g | Protein: 20 g |
| Sodium: 669 mg | |

Ingredients

Crust

- 1 medium head cauliflower (3.5 cups, washed and stem removed)
- ¼ cup finely shredded Parmesan cheese
- ¼ cup finely shredded part-skim mozzarella cheese
- ½ teaspoon dried basil

Toppings

- 4 Tablespoons lower sodium pizza sauce (choose gluten free for GF version)
- 8 slices of turkey pepperoni (check to make sure gluten free for GF version)

- ½ teaspoon dried oregano
- 1 large egg
- 1 clove garlic, minced (1-2 teaspoons) or ½ teaspoon garlic powder

- 10 spinach leaves
- ¼ cup chopped yellow pepper

- 2 Tablespoons shredded part-skim mozzarella cheese

Directions

1. Preheat oven to 400 degrees Fahrenheit.
2. Add half of the cauliflower to food processor and process until fine, about 30 seconds (cauliflower should look like crumbs). Transfer cauliflower to a microwave safe bowl. Add remaining cauliflower to food processor and again, process until fine, about 30 seconds. Add that cauliflower to bowl with other cauliflower (you should now have about 3-3 ½ cups of cauliflower crumbs). Cover bowl with microwave safe plastic wrap and heat cauliflower in microwave 4 minutes on HIGH power . Once cauliflower is cool enough to handle, wrap cauliflower in tea towel, paper towel or cheesecloth and wring all the moisture from cauliflower (about 1/3 cup or more).
3. Return strained cauliflower to bowl, add Parmesan and mozzarella cheese, basil, oregano, egg, and garlic and toss mixture with your hands until evenly combined.
4. Place parchment paper on baking sheet and pat mixture into a 6 by 12 inch triangle keeping the crust 1/3 inch thick (keep it snugly pressed together.) Bake for 25-30 minutes until golden brown.
5. Remove from oven and top with pizza sauce, mozzarella cheese and desired toppings (if using fresh herbs, add them after cooking pizza). Return to oven and bake 10-15 minutes longer until cheese has melted and is golden.
6. Allow to cool several minutes then cut in half. Serve warm.

To make bariatric diet friendly:

Make into 3 small pizzas and double the amount of turkey pepperoni.

Bariatric nutrition information (1 small pizza, makes 3): Calories 168, Total Fat 7.5g, Sat Fat 4g, Sodium 541mg, Total Carbohydrate 11g, Fiber 3g, Protein 15g