

Rainbow Cauliflower Crust Pizza

Cauliflower contains unique plant compounds that may reduce the risk of heart disease and cancer.



At the end of the rainbow is a healthy meal with this low-carb cauliflower crust pizza. It is packed with veggies inside and out, and is perfect for kids and adults.

Serves 4

Ingredients

- 1 small to medium sized head of cauliflower - should yield 2 to 3 cups once processed
- ¼ cup shredded Parmesan cheese
- ¼ cup mozzarella cheese
- 1 egg
- ¼ teaspoon salt
- ½ teaspoon garlic powder
- ½ teaspoon basil or rosemary minced (or dry)
- ½ teaspoon oregano minced (or dry)
- ½ cup marinara sauce
- 1 cup mozzarella cheese
- 1 cup diced bell peppers yellow, orange, red, green, or any combo of your choice
- ½ cup broccoli florets
- ½ cup diced red onion
- ¼ cup canned corn (optional)
- ½ cup tomatoes diced

Directions

Preheat oven to 500 degrees

Remove the stems from the cauliflower and cut into chunks, place the cauliflower into a food processor and pulse it until it resembles the texture of rice. If you don't have a food processor, you can use a cheese grater or chop it very finely.

Microwave the processed cauliflower uncovered in a microwave safe bowl for approximately 4-5 minutes on high. Remove it from the microwave and allow it to cool for at least 4-5 minutes. After the cauliflower is slightly cooled, place it in a kitchen towel and squeeze all the liquid out of it.

Combine the cooked cauliflower, egg, garlic, cheese, and seasonings. Stir until a dough texture forms. Spread the cauliflower mixture out onto lightly greased parchment paper or a pizza pan in the shape of a pizza crust.

Bake the crust for approximately 10-15 minutes (depending on your oven), or until the crust is golden and crispy. Bake for approximately 15 minutes. After the crust is golden brown remove it from the oven and top with pizza sauce then cheese then the chopped veggies.

Place the pizza back in the oven and bake for another 12-15 minutes.

Nutritional information (per serving)

Calories 197
Total Fat 11.1g
Saturated Fat 6g
Cholesterol 79g
Sodium 710.5g
Total Carbohydrate 13.1g
Dietary Fiber 3.6g
Sugars 7.3g
Protein 12g



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