



Cauliflower Crust Pepperoni Pizza



1/2 of recipe (1 pizza): 247 calories, 9g total fat (5.5g sat. fat), 886mg sodium, 21g carbs, 8g fiber, 9g sugars, 23g protein

Prep: 25 minutes **Cook:** 50 minutes



Ingredients

Crust

5 cups roughly chopped cauliflower (about 1 medium head)
1/4 cup (about 2 large) egg whites
1/4 cup shredded part-skim mozzarella cheese
2 tbsp. grated Parmesan cheese
1 tsp. Italian seasoning
1/4 tsp. black pepper
1/8 tsp. salt

Topping

1/2 cup canned crushed tomatoes
1/2 tsp. garlic powder
1/2 tsp. onion powder
1/2 tsp. Italian seasoning
1/4 cup shredded part-skim mozzarella cheese
8 slices turkey pepperoni, chopped
Optional: fresh basil

Directions

Preheat oven to 400 degrees. Line a baking sheet with parchment paper.

Working in batches as needed, pulse cauliflower in a food processor until reduced to the consistency of coarse breadcrumbs.

Place cauliflower in a large microwave-safe bowl; cover and microwave for 3 1/2 minutes.

Uncover and stir. Re-cover and microwave for another 3 1/2 minutes, or until hot and soft.

Transfer cauliflower to a fine-mesh strainer. Let cool for 10 minutes, or until cool enough to handle.

Using a clean dish towel (or paper towels), press out as much moisture as possible. (There will be a lot of excess liquid.)

Return cauliflower to the bowl, and add all remaining crust ingredients. Mix thoroughly.

To form the crusts, evenly divide cauliflower mixture into two circles on the parchment-lined baking sheet, each about 1/4-inch thick and 7 inches in diameter.

Bake until the top has browned, about 35 minutes.

Meanwhile, in a medium bowl, combine crushed tomatoes, garlic powder, onion powder, and Italian seasoning. Mix well.

Spread seasoned tomatoes over each crust, leaving a 1/2-inch border. Evenly sprinkle with cheese, basil (if desired), and pepperoni.

Bake until cheese has melted and crust is crispy, 5 - 7 minutes.

MAKES 2 SERVINGS

Don't have a fine-mesh strainer? Use a clean dish towel to wring out the water, getting rid of as much liquid as possible.

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