Cauliflower Pizza Crust
Makes 4 serving individual pizzas
Cutting back on carbs? This tasty veggi-powered pizza crust will surprise you with just 4 grams of carbs!

1 small head cauliflower, leaves and stalks removed
½ cup low-fat shredded mozzarella cheese
2 tablespoons grated parmesan cheese
½ teaspoon dried oregano
Pinch salt
¼ teaspoon garlic powder
1 beaten egg

Assorted toppings such as tomato sauce, cheese, sliced vegetables, or herbs

Directions:
1. Preheat oven to 400 degrees F. Line a baking sheet with parchment paper.
2. Break the cauliflower into florets and pulse in a food processor until it looks like rice – measure 2 cups.
3. Place in a large microwavable bowl, cover with plastic wrap, and poke a few holes to vent. Cook on for 4-6 minutes on HIGH until soft. Place on a clean towel to remove moisture. Let cool.
4. In a large bowl, mix together the cauliflower, mozzarella, parmesan cheese oregano, salt, garlic powder, and egg.
5. Divide cauliflower mixture into 4 sections. Transfer to the baking sheet and press into four 4-inch wide circles, patting down, to resemble a pizza crust.
6. Bake for 15-20 minutes, until lightly browned and crispy around the edges.
7. Add desired toppings. Bake an additional 10 minutes.

Recipe Notes:
1. If you don’t have a food processor you can grate the cauliflower with a box grater or just finely chop with a knife.
2. Cauliflower can be steamed instead of microwaving. Just steam in a basket until soft, about 5 minutes. Place in a strainer to remove moisture. Place on clean towel and cool.

Nutritional Information per serving:
Calories: 98 Carbohydrates: 4g
Total Fat: 5g Cholesterol: 56mg
Saturated Fat: 2g Dietary Fiber: 2g
Protein: 7g Sodium: 194mg