

**Boston Medical Center  
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263  
Food Demonstration Kitchen: (617) 414-3840 or [www.bmc.org](http://www.bmc.org)



**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