

# cauliflower crust pizza

Serves 4

## To prepare the crust:

Preheat the oven to 450°F.

Spray a cookie sheet or pizza stone with nonstick extra virgin olive oil spray (or use a nonstick surface).

Shred the cauliflower into small crumbles. You can use a food processor if you wish, but be careful not to over process. You want dry crumbles, not a purée. Pat dry if needed.

In a medium bowl, mix cauliflower crumbles with the remaining crust ingredients. Pat the "crust" into a 9-12 inch round on the prepared pan. Bake for 15 minutes (or until golden).

Remove the crust from the oven and turn the heat up to broil. If crust is still watery after 15 minutes, broil on high to get moisture out. Don't let it burn!

## To assemble:

Spread the sauce on top of the baked crust, leaving a ½-inch border around the edge.

Sprinkle the mozzarella cheese on top of the sauce. Top with the sliced mushrooms and onions. Broil the pizza 3 to 4 minutes, or until the toppings are hot and the cheese is melted and bubbly.

Cut into 6 slices and serve immediately.

## Crust:

1½ cups cauliflower, finely chopped (about ½ large head)

1 large egg

1 cup parmesan cheese, finely shredded

1 teaspoon dried oregano

½ teaspoon dried minced garlic (or fresh garlic)

½ teaspoon onion powder

½ teaspoon sea salt

## Toppings:

½ cup pizza sauce or Lasagna Sauce (see recipe on page 139)

¼ cup mushrooms of choice, thinly sliced

¼ cup yellow onions, thinly sliced

½ cup block mozzarella, crumbled

