



# Quick and Easy Cauliflower Pizza Crust

8

6 Servings

## Ingredients

- 1 egg
- 1 teaspoon of chopped garlic
- Ground pepper and salt to taste
- ½ head of cauliflower, coarsely chopped
- ½ cup of shredded Italian cheese
- ¼ cup of chopped parsley

Preparation time: 15 minutes

Cook time: 30 minutes

Ready in: 1 hour

## Directions

1. Place cauliflower through a food processor using the grating blade and then pulse until the cauliflower is fully shredded.
2. Stick a steamer insert into the saucepan and fill with water to just below the steamer. Next, bring the water to a boil and add the cauliflower. Steam for about 15 minutes or until the cauliflower is tender. Transfer the cauliflower into a large bowl and refrigerate, stirring occasionally until it is cooled.
3. Preheat the oven to 450 degrees and line the baking sheet with parchment paper.
4. Stir the Italian cheese blend, egg, salt and pepper, garlic and parsley into the cauliflower until even. Then pour the mixture onto the prepared baking sheet and press into pizza crust.
5. Bake until lightly brown or 15 minutes.

## Nutritional Information

- Calories: 52
- Protein: 5 g
- Fat: 3 g
- Carbohydrate: 3 g
- Sodium: 55 mg
- Potassium: 183 mg