

Veggie Pizza with Cauliflower Crust

For a flavorful veggie pizza, use homemade cauliflower crust and top with mushroom mixture, tomatoes, spinach, basil and mozzarella.

Ingredients

- 1 cauliflower head, roughly chopped (about 3 pounds)
- Cooking spray
- 2 teaspoons olive oil, divided
- 1/2 cup presliced cremini mushrooms
- 1/2 cup sliced red bell pepper
- 1/2 cup thinly sliced fresh basil, divided
- 1/4 teaspoon freshly ground black pepper, divided
- 1/8 teaspoon kosher salt
- 3 garlic cloves, minced
- 2.5 ounces shredded part-skim mozzarella cheese (about 2/3 cup), divided
- 2 large egg whites
- 0.5 ounces grated Parmesan cheese
- 1/2 cup thinly sliced seeded tomatoes
- 2/3 cup fresh baby spinach

Preparation

1. Preheat oven to 375°.
2. Place half of cauliflower in a food processor; pulse 10 to 15 times or until finely chopped (like rice). Transfer cauliflower to a baking sheet lined with parchment paper. Repeat procedure with remaining cauliflower. Coat cauliflower with cooking spray. Bake at 375° for 25 minutes, stirring once. Cool.
3. Increase oven temp to 450°.
4. Heat a large skillet over medium-high heat. Add 1 teaspoon oil to pan; swirl to coat. Add mushrooms and bell pepper; sauté 5 minutes or until tender. Set aside.
5. Place cauliflower in a clean kitchen towel. Squeeze until very dry. Combine cauliflower, remaining 1 teaspoon oil, 1/4 cup basil, 1/8 teaspoon black pepper, salt, garlic, 2 ounces mozzarella cheese, egg whites, and Parmesan cheese in a bowl. Press cauliflower mixture into 2 (8-inch) circles on a baking sheet lined with parchment paper. Coat crusts with cooking spray.
6. Bake crusts at 450° for 22 minutes or until browned. Remove pan from oven; top crusts evenly with mushroom mixture, tomatoes, spinach, remaining 1/4 cup basil, remaining 1/8 teaspoon black pepper, and remaining mozzarella cheese. Bake an additional 7 minutes or until cheese melts.

YIELD: Serves 2 (serving size: 1 pizza)

Nutritional Information

Amount per serving

Calories 350; Fat 15.8 g; Sat fat 6 g; Mono fat 5.7 g; Poly fat 1 g; Protein 26 g; Carbohydrate 32 g; Fiber 11 g; Cholesterol 25 mg; Iron 3 mg; Sodium 658 mg; Calcium 488 mg

Source: <http://www.myrecipes.com/recipe/veggie-pizza-cauliflower-crust/print>



Photo by: Photo: Jennifer Causey; Styling: Lindsey Lower