

Cauliflower Crust Pizza



Ingredients for pizza crust:

- 4 cups raw cauliflower rice (about one medium head)
- 1 egg, beaten
- 1/2 cup grated cheese of choice
- 1 teaspoon dried oregano or other herbs of choice
- pinch of sea salt
- 2 tablespoons Parmesan cheese
- ¼ teaspoon crushed red pepper flakes

Note: Additional ingredients/toppings are required for the pizza. Above ingredients are for crust only. You will need additional toppings like cheese, pizza sauce, veggies, etc.

Instructions

1. Preheat your oven to 400F.
2. Make the cauliflower rice by pulsing batches of raw cauliflower florets in a food processor, until a rice-like texture is achieved.
3. Fill a large pot with about an inch of water, and bring it to a boil. Add the "rice" and cover; let it cook for about 4-5 minutes. Drain into a fine-mesh strainer (or heat in microwave for 7 minutes until tender).
4. SECRET: Once you've strained the rice, transfer it to a clean, thin dishtowel. Wrap up the steamed rice in the dishtowel, twist it up, then SQUEEZE all the excess moisture out! Lots of extra liquid will be released, leaving you with a nice dry pizza crust.
5. In a large bowl, mix up your strained rice, beaten egg, cheese, and spices. Mix very well.
6. Press the dough out onto a baking sheet lined with parchment paper – NOT wax paper, or it will stick.) Keep the dough about ½" thick, and make the edges a little higher for a "crust" effect, if you like.
7. Bake for 35-40 minutes at 400F. The crust should be firm, and golden brown when finished.
8. Next, add all your favorites-- sauce, cheese, and any other toppings you like. Return the pizza to the 400F oven, and bake an additional 5-10 minutes, just until the cheese is hot and bubbly.
9. Slice and serve immediately!

Time-Saving Tip: Make a double-batch of cauliflower pizza crusts--make one for now, and save one for later. After baking the crusts, wrap up the extra pizza crust in foil, and FREEZE it for a quick "frozen pizza" to enjoy another night! All you need to do is add toppings and bake at 400F, until the cheese is hot and bubbly.