Cauliflower Crust Vegetarian Pizza

Makes 4 servings

Ingredients

nonstick cooking spray
½ medium head cauliflower, cut into florets
1 cup shredded mozzarella cheese, divided
⅓ cup potato flakes
¼ cup finely grated Parmesan cheese
1 teaspoon Italian seasoning
½ teaspoon garlic powder
1 large egg, beaten slightly
1 teaspoon extra-virgin olive oil
1 teaspoon unsalted butter
6 ounces mushrooms, sliced
¼ cup chopped red onion
½ cup pizza sauce
24 black olives, cut in half

Directions

1. Preheat oven to 350 F.
2. Spray a 12-inch pizza pan with nonstick cooking spray. Set aside.
3. Place cauliflower florets in a blender. Blend for 1 to 2 minutes. Transfer to a microwave-safe bowl, cover and cook on high for 7 to 8 minutes.
4. While cauliflower cooks, combine ¾ cup mozzarella cheese, potato flakes, Parmesan cheese, Italian seasoning and garlic powder in a medium mixing bowl. Add cooked cauliflower and mix well. Mix in beaten egg.
5. Spread cauliflower mixture in pizza pan. Bake for 15 to 20 minutes or until lightly browned.

(directions continued on back)

6. While crust is baking, heat oil and butter in a large nonstick skillet. Add mushrooms and onion. Sauté for 4 to 5 minutes.
7. When crust is done, top with pizza sauce, mushrooms, onions, olives and remaining mozzarella cheese. Return pizza to oven until cheese is melted and toppings are warmed.
8. Slice and serve warm.

GF = gluten free

Visit allinahealth.org/recipes for more healthful recipe ideas.

nutr-ah-56055 (4/14)

Nutrition Facts

Serving Size 1/4 of pizza (238g)
Servings Per Container 4

Amount Per Serving

Calories 240	Calories from Fat 120
	% Daily Value*
Total Fat 14g	**22%**
Saturated Fat 6g	**30%**
Trans Fat 0g	
Cholesterol 75mg	**25%**
Sodium 680mg	**28%**
Total Carbohydrate 17g	**6%**
Dietary Fiber 4g	**16%**
Sugars 4g	
Protein 14g	

Vitamin A 15% • Vitamin C 80%
Calcium 30% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat:	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: milk, eggs
Carb choices per serving: 1