



CAULIFLOWER CRUST CHICKEN PIZZA

PREPPING TIME: 20 MIN

COOKING TIME: 30 MIN

INGREDIENTS

2 1/2 Cups Ground cauliflower
(use a food process or cheese
grater)
4 oz. Chicken (optional)
1/2 Teaspoon Dried Basil
1/2 Teaspoon Dried Oregano
1/2 Teaspoon Garlic Powder
1/4 Cup Parmesan Cheese
1/4 Cup Mozzarella Cheese
1 Teaspoon Kosher Salt
1 Egg (slightly beaten)
1/2 Tomato (optional)

DIRECTIONS

1. Blend cauliflower in blender or food processor until it is finely ground.
2. Place in microwave safe bowl and microwave for 4 minutes.
3. Place cauliflower in a strainer and drain liquid. Use paper towel to absorb liquid until it is dry.
4. Place cauliflower in a bowl and fluff with a fork. Add basil, oregano, garlic, parmesan, salt, mozzarella and egg. Stir mixture well.
5. Press mixture onto a baking sheet lined with parchment paper after spraying with nonstick spray.
6. Press the mixture out to about 1/4 inch or slightly thicker. Keep mixture tight together and in an even layer. You can bake one large pizza or multiple smaller ones.
7. Place pan in oven at 400 degrees and bake until golden brown. (Usually about 15-20 minutes)
8. Remove from oven, top with desired toppings, and return to oven to melt cheese, etc. Bake for 10 more minutes.