

Cauliflower Crust Pizza

With U.S. parmesan and cauliflower as the base in this pizza, it makes a great alternative to a traditional flour crust.



INGREDIENTS

(Makes one pizza)

Cauliflower, trimmed, shredded (about ½ head)	420g
Onions, minced	40g
Garlic, minced	5g
Oregano, dried	1g
Eggs, lightly beaten	2
Salt	6g
Pepper	2g
U.S. Parmesan, shredded	80g
Olive Oil	15ml
Prepared Pizza Sauce	200ml
U.S. Mozzarella, shredded	200g
Pizza Toppings	As desired

NUTRITIONAL CONTENT

Per 100g

Calories	136kcal
Total Fat	8g
Saturated Fat	4g
Trans Fat	0g
Cholesterol	52mg
Total Carbohydrates	5g
Dietary Fiber	1g
Sugars	2g
Protein	10g
Calcium	249mg
Magnesium	17mg
Phosphorus	191mg
Potassium	169mg
Sodium	573mg
Iron	1mg
Vitamin A	367IU
Vitamin C	19mg

PREPARATION

1. Place cauliflower in a medium pot with enough water to cover the bottom. Steam over medium heat until very soft. Drain and chill.
2. Pre-heat oven to 230°C (450°F).
3. In a medium bowl, mix together the cauliflower, onions, garlic, oregano, eggs, salt, pepper, and parmesan until incorporated.
4. Brush olive oil out on a 32cm pizza pan.
5. Spread mixture evenly over the pan and bake for 20 minutes or until the edges are browned. Let cool slightly.
6. Spread pizza sauce over the top and sprinkle the mozzarella evenly over the sauce. Top with your favorite pizza ingredients.
7. Bake for another 10 to 15 minutes until cheese is melted and browned lightly.
8. Use a long metal spatula to loosen from the pan before cutting into slices.

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on ThinkUSAdairy.org, including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

This recipe only serves as a reference. ©2015 U.S. Dairy Export Council.