Deep Dish CAULIFLOWER Pizza Crust

With Mediterranean Vegetables

Serves 4

Ingredients

Cauliflower Crust, 10”

- 1 head cauliflower
- ¼ cup grated parmesan cheese
- ⅛ teaspoon garlic powder
- 1 tsp pepper flakes
- 1 tbsp. of dried oregano
- ⅛ teaspoon salt
- 2 Eggs

Toppings

- ¼ tsp black pepper
- 1/2 tsp dried basil (optional)
- 1 can artichoke hearts 15 Oz
- 1/2 cup sun-dried tomatoes
- 1/2 cup Kalamata olives pitted and halved
- 1/2 cup red onion sliced
- 1 cup fresh mozzarella sliced or shredded
- ½ Feta cheese (optional)
- 1/2 cup cherry tomatoes halved (optional)
- 1/2 cup fresh parsley chopped (optional)

Instructions

For Cauliflower Crust

1. Preheat oven to 425°F (220°C).
2. Start by Grating the Cauliflower
3. Place in Microwave-safe dish and microwave for 5 minutes. Allow to cool completely.
4. Place cooked Cauliflower into a Cheese Cloth and squeeze out as much water as possible. Discard liquid.
5. Add the cauliflower to a bowl with 2 Egg, parmesan cheese, Garlic powder, and ⅛ teaspoon Salt in a bowl.
6. Press crust mixture evenly into Pizza plate, making sure to go up the sides of the plate.
7. Bake for 15-18 minutes, until golden. Set aside to cool.
Final stage of cooking the pizza

8. Preheat the oven to 400°F.
9. Spread olive oil on the dough and sprinkle salt, thyme, black pepper and dried basil on the pizza dough.
10. Top the pizza crust with artichoke hearts, sun-dried tomatoes, olives, red onion and shredded mozzarella.
11. Bake in the oven for about 6 to 10 minutes until cheese is melted and bubbly.
12. Serve immediately with your favorite salad.

Notes

• You can spread some hummus if you like, or Tomato Basil sauce before adding the toppings if you would to make it a traditional pizza
• Other additions to this pizza are sliced zucchini or eggplants, bell peppers, spinach, feta cheese or Pineapple.
• Bacon for none Vegetarian.