

Cauliflower Crust Pizza

Cauliflower crust is the perfect canvas for unleashing your pizza creativity. Add any favorite, seasonal toppings to please gluten-free and non-gluten-free pizza aficionados alike!

1 large head of cauliflower, rinsed and drained
1 egg
½ cup Parmesan cheese
1/3 cup goat cheese, softened
¼ teaspoon salt
¼ teaspoon black pepper
½ teaspoon Italian seasoning (or ¼ teaspoon oregano + ¼ teaspoon thyme)

toppings of your choice!

Preheat oven to 400°.

Cut cauliflower head into small florets. Place on a parchment-lined rimmed baking dish. Roast for approximately 15-20 minutes until lightly golden and very tender, tossing occasionally to prevent burning. *

Remove from oven, let cool until you can safely handle. Finely chop (or pulse in a food processor) until the cauliflower is a rice-like consistency. Place cauliflower "rice" in the middle of a clean thin cotton dishtowel or two layers of cheesecloth. Wrap up the cauliflower in the towel and twist to squeeze out as much excess liquid as possible (this is a critical step to ensure a crust that is chewy, somewhat crisp and not soggy!).

Place the cauliflower in a mixing bowl. Add egg, cheeses and seasonings. Mix thoroughly and pat into a tight ball.

Line a pizza pan or other baking pan with parchment paper. Spray with nonstick cooking spray or brush with olive oil. Firmly pat the cauliflower mixture so it forms a tight, ¼" thick crust in the shape you desire.

Place in a 400° oven and bake for 10-15 minutes until it becomes golden brown. Remove from oven and add desired toppings. Return to the hot oven for an additional 5-8 minutes until the toppings are hot and cheese is bubbly.

Let pizza sit for 2-5 minutes before slicing. ENJOY!

Makes one 12-14 inch pizza.

Gluten Free / Vegetarian (depending on toppings!)

Inspiration:

White Margherita Pizza: top with mozzarella, very thinly sliced fresh tomatoes, salt and pepper. Garnish with fresh basil when remove from oven.

Sautéed Chanterelle Mushrooms, Sautéed Kale, Candied Bacon and Goat Cheese: top with sautéed mushrooms, sautéed kale, 3 slices of candied bacon (chopped) and 4 ounces of goat cheese crumbled. (for vegetarian version, omit bacon)

Traditional: top with a small amount of marinara sauce, mozzarella cheese, and pepperoni, Parmesan cheese and a sprinkle of Italian seasoning.

*Recipe Note: Instead of roasting fresh cauliflower, you can simply use frozen. Just thaw, chop/pulse and squeeze out the moisture before adding remaining ingredients.