

Summer Squash Cauliflower Crust Pizza

2 Servings

1 1/2 cups cauliflower
1/2 tsp. black pepper
2 tsp. garlic
1 egg, beaten
1/3 cup mozzarella cheese

1/3 cup parmesan cheese
3/4 cup tomato sauce
1 tsp. Italian seasoning
1/2 cup zucchini, thinly sliced
1/2 cup heirloom tomatoes,
thinly sliced

1. Preheat oven to 400 degrees.
2. Food process cauliflower until rice consistency.
3. Microwave cauliflower for 5 minutes to soften.
4. Squeeze excess water out of cauliflower with a cheese cloth or towel.
It's important to make sure you squeeze as much water out as possible.
5. In a bowl combine cauliflower, black pepper and garlic. Add egg and mix until combined.
6. Form to desired shape and spread thin to create crust.
7. Bake crust for 10 minutes or until golden brown.
8. Add toppings and bake until cheese is bubbling.

Nutrition Facts

Servings 2

Amount Per Serving

Calories 208

% Daily Value*

Total Fat 8g	12%
Saturated Fat 3g	17%
Monounsaturated Fat 2g	
Polyunsaturated Fat 1g	
Trans Fat 0g	
Cholesterol 111mg	37%
Sodium 599mg	25%
Potassium 424mg	12%
Total Carbohydrate 18g	6%
Dietary Fiber 4g	16%
Sugars 8g	
Protein 17g	35%
Vitamin A	75%
Vitamin C	86%
Calcium	193%
Iron	5%