Virtually No-Carb Cauliflower Pizza Crust (makes enough for a 2-serving pizza)

 

This recipe is amazing! If you’re doing the paleo thing, all the little bits of cauliflower that end up covering your *entire* kitchen floor while making it is well worth it.

Ingredients:

1 medium head cauliflower, cut into florets

¼ cup grated Parmesan cheese

Italian herbs and seasonings of choice, to taste

¼ teaspoon salt

1 large egg

2 cups freshly grated mozzarella

¼ - ⅓ cup pizza sauce – not too much (see my fabulous recipe)

Preparation:

Preheat the oven to 425° F. Line a baking sheet with parchment paper.

Pulse the cauliflower florets in a food processor to a fine snowy powder (you should have about 2½ cups). Transfer the processed cauliflower to a microwave-safe bowl, cover with plastic wrap and poke a few holes in it to vent. Microwave until soft, 5 minutes. Transfer to a clean, dry kitchen towel and allow to cool.

When cool enough to handle, wrap the cauliflower in the towel and wring out as much moisture as possible, transferring to a second towel if necessary. In a large bowl, stir together the cauliflower, Parmesan, Italian herbs/seasonings, salt, egg and 1 cup of the mozzarella until well combined. Transfer to the prepared baking sheet and press into a very thin 10” round. Bake until golden, 10 to 15 minutes.

Remove the crust from the oven and top with the pizza sauce and remaining 1 cup mozzarella and whatever other garnishes you like (i.e., pepperoni slices, sliced mushrooms, red onion, etc.). Bake until the cheese is melted and bubbly, 10 minutes.