

CAULIFLOWER CRUST PIZZA

By Dr. Cindy Tazar

Enjoy a delicious Cauliflower Crust Pizza that's both healthy and satisfying! This innovative pizza features a crispy crust made from cauliflower, bound together with a beaten egg and flavored with oil. It's topped with rich tomato sauce, tender pieces of chicken, and a vibrant mix of tomatoes, garlic, fresh basil, and spinach. Seasoned to perfection with salt, black pepper, and a kick of red pepper flakes, this pizza offers a guilt-free way to indulge in your favorite comfort food! Perfect for a weeknight dinner or a fun weekend treat.

Makes 1 serving.



INGREDIENTS

- 1 tablespoon avocado or coconut oil
- 1 cup cauliflower rice, thawed and drained
- 1 large egg, lightly beaten
- 2 oz. chopped chicken
- Pink Himalayan salt and ground black pepper, to taste
- 1/4 cup Rao's tomato sauce
- 1/2 cup grape tomatoes, sliced in half
- 2 cloves garlic, sliced or garlic powder to taste
- 1/4 teaspoon crushed red pepper flakes
- 1/8 cup of fresh basil leaves
- 1/2 cup of spinach



DIRECTIONS

1. Line a rimmed baking sheet with parchment paper, and preheat oven to 425°F.
2. Mix in the cauliflower rice, egg, salt and pepper. Once combined, pat into a 10-inch round prepared pizza pan.
3. Coat lightly with melted butter or coconut/olive oil and bake for 10 to 15 minutes, or until golden.
4. Top the pizza with the sauce, grape tomatoes, garlic, cooked chopped chicken and red pepper flakes.
5. Bake in the oven until melted and bubbly, another 10 minutes. Then top with basil and serve.