

**Prep:** 15 minutes

**Cook:** 30 minutes

## Cauliflower Pizza Crust

*"This dish uses just one skillet to prepare. Quick, easy and delicious. Tomato paste and chicken broth combine to make a tasty sauce. Garnish with fresh parsley."*



**Ingredients:**

1/2 head cauliflower, coarsely chopped

1/2 cup shredded Italian cheese blend

1/4 cup chopped fresh parsley

1 egg

1 teaspoon chopped garlic

salt and ground black pepper to taste



**Directions:**

- ♥ Place cauliflower pieces through the feeding tube of the food processor using the grating blade; pulse until all the cauliflower is shredded.
- ♥ Place a steamer insert into a saucepan and fill with water to just below the bottom of the steamer. Bring water to a boil. Add cauliflower, cover, and steam until tender, about 15 minutes. Transfer cauliflower to a large bowl and refrigerate, stirring occasionally, until cooled, about 15 minutes.
- ♥ Preheat an oven to 450 degrees F (230 degrees C). Line a baking sheet with parchment paper or a silicon mat.
- ♥ Stir Italian cheese blend, parsley, egg, garlic, salt, and pepper into cauliflower until evenly incorporated. Pour mixture onto the prepared baking sheet; press and shape into a pizza crust.
- ♥ Bake in the preheated oven until lightly browned, about 15 minutes.

**MAKES 6 SERVINGS**

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