

Cauliflower Crust Pizza from KellyintheKitchen

INGREDIENTS

for crust:

2 cups cauliflower stems and florets, grated

1 cup mozzarella cheese, shredded

oregano and granulated garlic to taste

1 egg

salt and pepper

2-3 tbsp cottage cheese, to hold it together

topping ideas:

1/2 cubed chicken breast, sauteed with salt, pepper, and paprika

shredded mozzarella

grape tomatoes, quartered

green onions, chopped

DIRECTIONS

Preheat oven to 450 F.

First, put the grated cauliflower into a bowl and microwave for 7 minutes, covered with a washcloth or paper towel.

Mix cauliflower with the rest of the crust ingredients. Use more or less cottage cheese, until the crust holds together.

On a greased baking pan, shape the cauliflower mixture into two flat discs, as thick or thin as you like.

Bake about 15 minutes, or until the edges are browned and the top is flecked with bits of golden melted cheese. The thickness of the crusts will affect baking time, so make sure to keep an eye on them.

Once the crusts come out of the oven, use a spatula to loosen them from the bottom of the pan and make sure they come off in one piece, because this will be a lot harder to do once they've been topped.

Before you start with the toppings, turn up your oven to broil (or to very, very hot!). We want to finish them at a high heat.

Top with whatever you want – I like chicken, green onion, tomato, and cheese.

Stick the pizzas back in the oven for 3-5 minutes, until the cheese is melted and has started to turn a little golden. Sprinkle with some more green onion or some oregano and dig in!