

Cauliflower Pizza Crust

Gluten free - makes 1 crust, 4 slices of pizza; or 4 pieces of “bread” for 2 sandwiches

I always make a double batch because it keeps in the fridge very nicely to have on hand for pizza or sandwiches! I have “cauliflower crust making day” on a regular basis at our house.



INGREDIENTS

2 cups of grated cauliflower

1 cup of freshly grated parmesan cheese (“large” size grate is fine)

1 egg, beaten

Italian seasoning (optional) to taste

YOU WILL NEED PARCHMENT PAPER to line your baking sheet, OR a silicone baking sheet (do NOT skip this step or try to substitute waxed paper for parchment paper---it WILL stick!)

INSTRUCTIONS

Cut fresh cauliflower into florets to equal 2 cups. Either grate it, or much FASTER, use a food processor and pulse until a coarse meal consistency. Your grated measurement should just about equal the floret measurements, but you may need to add a few more florets to get your 2 cups.

Heat the grated cauliflower in a skillet (I like cast iron for this)—don’t add oil or water—use medium heat, not too hot. Stir with a silicone spatula until the cauliflower has dried out somewhat, it won’t dry completely, but the dryer the better. Heat at least 10 minutes, just enough to evaporate the moisture, not enough to color or cook down. Remove skillet from burner and set aside to allow cauliflower to slightly cool.

In a bowl, beat 1 egg.

Add grated Parmesan cheese to the egg. You can substitute, asiago or romano cheeses, just be sure you use a hard cheese for best results.

Add the cauliflower to the bowl and mix well with the egg. Add in Italian seasoning if you wish your crust to be flavored. It's good! Form cheese & egg mixture into a ball.

Spread parchment paper onto a baking sheet. Place the mixture onto the parchment paper and spread out into your shape of choice (I have started making mine rectangular so I can cut into "bread" pieces, and we also don't mind that shape pizza slices, either!

Do not make the edges of the crust too thin; keep the size of the crust uniform for even cooking. The cauliflower will darken quite rapidly around the edges if too thin.

Place crust into an oven preheated to 400 degrees Fahrenheit and cook approx. 15-25 minutes until the crust has colored and firmed up. If you are making it to use for later, you can let it cool slightly then put onto a cooling rack until completely cooled enough to put into gallon size zip-loc bag and store in fridge.

To go ahead and make into a pizza, here's a great sauce recipe that's almost no carbs. SO quick to make, and can be divided up and what you don't use, store in rubber bowls in the freezer for pizza nights. You would spread about 1/3 cup of this sauce on **each half of the pizza** (I cut my crust into two halves and put on separate sheets because we like totally different toppings), then add your favorite toppings. Then return pizza to the oven and continue to cook at 400 F for about 10 minutes until the toppings are done, watch the edges of the cauliflower crust; the edges will darken too much if overcooked.

Great Keto toppings: mozzarella cheese (of course), pepperoni, cooked Italian sausage, cooked hamburger, cooked bacon, mushrooms, olives. Veggies like onions and peppers do have carbs, so use sparingly.

If you use the crust for **sandwiches**, cut into fourths, each fourth will be one half of your sandwich. Spread with butter and grill until nice and browned, then add cheese for grilled cheese, or remove and top with anything you like (BLTs are awesome!), a hamburger! Anything that's Keto safe! This crust will handle like real bread, will hold together, and you'll love the sensation of holding and eating a sandwich again!



SAUCE

2 5.5 oz. cans tomato paste (**NOT** tomato sauce)

½ cup water

Sweetener to equal 1 TBSP sugar (I use “Better Stevia” drops, it only take a few drops)

1 tsp oregano

½ tsp basil

½ tsp onion salt

½ tsp black pepper

1/8 tsp garlic powder

1/8 tsp salt

In medium bowl, whisk together all ingredients. Use 1/4 (1.5g carbs) to 1/3 (2g carbs) cup per pizza crust. It also makes a great dipping marinara sauce for mozzarella sticks (see our other recipes for those).

Helpful Hints: Freeze leftover sauce in individual pizza sizes in small bowls. This delicious pizza sauce will keep about 2 weeks in the refrigerator.

Yield: 1-3/4 cups

