

CAULIFLOWER CRUST PIZZA

(slightly modified from Chef in Disguise)

Yield one pizza crust

1 small to medium-sized head of cauliflower *(about 1 cup after squeezed to remove liquid)*

2 egg whites

1/4 teaspoon kosher salt

1 teaspoon dried herbs *(I used dried thyme)*

1/2 cup shredded cheese *(I used 1/4 cup Parmigiano cheese and 1/4 cup mozzarella cheese)*

tomato sauce

toppings of your choice

Place a pizza stone in the oven, or turn a baking sheet upside down and use it if you don't have a pizza stone. Heat oven to 450 degrees. Prepare a large piece of parchment paper and spray it with nonstick cooking oil.

Wash and thoroughly dry the head of cauliflower. Cut the cauliflower into small florets, and process until they are the size of rice. Place the cauliflower rice in a pot and add enough water to fill the pot 2/3 of the way up. Bring the water to a boil, lower the heat and simmer for 3 minutes. Drain the cauliflower. Once cauliflower is cool enough to handle, wrap it up in the dish towel and twist the towel around the cauliflower and wring it. You want to squeeze out as much water as possible. This will ensure you get a pizza like crust.

In a medium bowl, combine the cauliflower, egg whites, cheeses, dried herbs and salt, and mix by hand, you sort of knead the dough together. Transfer the crust to your parchment paper. Press evenly forming a circle. Make sure it is as tight as you can make it. You also don't want it to be too thin or too thick. With the help of a cutting board, transfer the parchment to the oven. Bake at 450 degrees for 12-15 minutes. Keep an eye on it after the 10 minute mark. When it starts turning golden brown, it's done.

Remove the pan from the oven. Add your sauce, toppings and cheese. Place under a broiler till the cheese melts and bubbles. Watch it carefully or it will burn.