

FEATURED RECIPE:

Gluten-Free Cauliflower Pizza Crust

Be sure to double-check for hidden gluten on any packaged foods or seasonings you add!



Ingredients

- 1 cauliflower, stemmed and roughly chopped
- 1 tablespoon olive oil, plus more for drizzling
- 1 tablespoon minced onion
- 2 garlic cloves, peeled and minced
- 1 teaspoon dried oregano
- 2 tablespoons Parmesan cheese
- 1/4 cup shredded low-fat mozzarella cheese
- 2 egg whites

Directions

Preheat the oven to 375°F. In a food processor, add the cauliflower in sections and pulse 10 times until it has a rice-like consistency. Place into a dry, clean dishcloth, squeeze and wring out any water into the sink. Pour onto a parchment-lined baking sheet and drizzle with olive oil. Bake for 25 minutes, or until dry and lightly golden. Remove and cool. In a large mixing bowl, add cauliflower and remaining ingredients. Mix together until dough forms, then press mixture into two 8-inch circles on the parchment-lined baking sheet. Drizzle with olive oil, if desired. Turn oven up to 450°F and bake for 20 minutes.

To make a pizza, cover baked crust with 3 tablespoons pizza sauce, 1/4 cup mozzarella cheese and chopped vegetables. Return to oven and bake 8 minutes, or until cheese is melted and toppings warm. Cut into 4 slices and enjoy.

Nutrition information for crust only: Serves 4.
Calories 120; Total Fat 8 g; Saturated Fat 4 g;
Sodium 185 mg; Total Carbohydrate 5 g; Dietary
Fiber 5 g; Protein 11 g

Source: What's Cooking? USDA Mixing Bowl