



Cauliflower Pizza

Servings: 4

Ingredients

- 1 ½ heads cauliflower or 1 ½ lb bagged cauliflower rice
- ½ cup grated Parmesan cheese
- 2 large eggs
- ½ cup tomato sauce
- 1 garlic clove, crushed
- 8 slices prosciutto ham
- Handful arugula leaves dressed in some olive oil
- 12 black Greek kalamata olives
- ½ cup fat free or low fat feta



What you'll need



measuring cups



food processor



bowl



sheet pan

Nutrition Facts

Servings 4

Amount Per Serving

Calories 355

% Daily Value

Total Fat 18.7g 24%

Saturated Fat 8g 40%

Cholesterol 143mg 48%

Sodium 2208mg 96%

Total Carbohydrate 14.2g 5%

Dietary Fiber 1g 4%

Sugars 7.6g

Protein 34.8g

Vitamin D 9mcg 44%

Calcium 288mg 22%

Iron 2mg 11%

Potassium 157mg 3%

Instructions

- Preheat oven to 425°.
- Place cauliflower (1 ½ heads) in food processor and blend until it looks like rice. Microwave cauliflower in 2 batches for 3 minutes.
- In a bowl, mix cauliflower with cheese (½ cup) and eggs (2). Place on a greased baking sheet forming a large pizza shape, and bake for 20-25 minutes.
- While the crust bakes, mix the tomato sauce (½ cup) and garlic (1 clove) together.
- Take the pizza crust out the oven. Spread the sauce on top, then layer on the olives (12), feta (½ cup) and ham (8 slices) and bake for another 5 minutes. Take out the oven and top with arugula.



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