



Cauliflower Pizza

Servings: 4

What you'll need



food
processor



measuring
cups



bowl



sheet pan

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

Directions

1. Preheat oven to 425°.
2. Place cauliflower (1½ heads) in food processor and blend until it looks like rice. Microwave cauliflower in 2 batches for 3 minutes.
3. 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.
4. While the crust bakes, mix the tomato sauce (½ cup) and garlic (1 clove) together.
5. 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.



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%**



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