VEGGIE PIZZA WITH CHEESY CAULIFLOWER CRUST

Yield: 2   Time: 60 min

Nutrition: 350 calories, 15.8 g fat, 32 g carbohydrates, 11 g fiber, 26 g protein, 658 mg sodium

INGREDIENTS:

- 1 cauliflower head, roughly chopped (about 3 pounds)
- Cooking spray
- 2 teaspoons olive oil, divided.
- ½ cup pre-sliced cremini mushrooms
- ½ cup sliced red bell pepper
- ½ cup thinly sliced fresh basil, divided
- ¼ teaspoon freshly ground black pepper, divided
- ⅛ teaspoon kosher salt
- 3 garlic cloves, minced
- 2.5 ounces shredded part-skim mozzarella cheese (about ⅔ cup), divided
- 2 large egg whites
- 0.5 ounce grated Parmesan cheese
- ½ cup thinly sliced seeded tomatoes
- ⅔ cup fresh baby spinach

DIRECTIONS:

1. Preheat oven to 375°
2. Place half of cauliflower in a food processor; pulse 10 to 15 times or until finely chopped (like rice). Transfer cauliflower to a baking sheet lined with parchment paper. Repeat procedure with remaining cauliflower. Coat cauliflower with cooking spray. Bake at 375° for 25 minutes, stirring once. Cool.
3. Increase oven temp to 450°.
4. Heat a large skillet over medium-high heat. Add 1 teaspoon oil to pan; swirl to coat. Add mushrooms and bell pepper; sauté 5 minutes or until tender. Set aside.
5. Place cauliflower in a clean kitchen towel. Squeeze until very dry. Combine cauliflower, remaining 1 teaspoon oil, ¼ cup basil, ¼ teaspoon black pepper, salt, garlic, 2 ounces mozzarella cheese, and 0.5 ounce Parmesan cheese in a large bowl. Mix well. Press mixture into a 12-inch pizza pan coated with cooking spray. Bake at 450° for 10 minutes or until crust is golden brown.
6. Remove pizza crust from oven. Spread 1 cup mozzarella cheese evenly over crust. Top with tomatoes, remaining ⅔ cup basil, and Parmesan cheese. Bake at 450° for 10 minutes or until cheese melts. Let stand 10 minutes before slicing.

6. Bake crusts at 450° for 22 minutes or until browned. Remove pan from oven; top crusts evenly with mushroom mixture, tomatoes, spinach, remaining ¼ cup basil, remaining ⅛ teaspoon black pepper, and remaining mozzarella cheese. Bake an additional 7 minutes or until cheese melts.