



Cutie-Pie Cauliflower-Crust Pepperoni Pizzas



[Click here for a video demo](#) !

1/6th of recipe (1 mini pizza): 93 calories, 4g total fat (2g sat. fat), 312mg sodium, 6.5g carbs, 2.5g fiber, 2.5g sugars, 8.5g protein

Prep: 20 minutes **Cook:** 40 minutes

Cool: 10 minutes

More: [Lunch & Dinner Recipes](#), [Four or More Servings](#)



Ingredients

Crust

5 cups roughly chopped cauliflower (about 1 medium head)
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute
1/4 cup shredded part-skim mozzarella cheese
2 tbsp. grated Parmesan cheese
1 tsp. Italian seasoning
1/4 tsp. black pepper
1/8 tsp. salt

Topping

1/3 cup canned crushed tomatoes
1/4 tsp. garlic powder
1/4 tsp. onion powder
1/4 tsp. Italian seasoning
1/2 cup shredded part-skim mozzarella cheese
1/2 oz. (about 8 pieces) turkey pepperoni, roughly chopped

Directions

Preheat oven to 400 degrees. Line a baking sheet with parchment paper.

Pulse cauliflower in a food processor until reduced to the consistency of coarse breadcrumbs, working in batches as needed.

Transfer to a large microwave-safe bowl; cover and microwave for 3 1/2 minutes.

Uncover and stir. Re-cover and microwave for another 3 1/2 minutes, or until hot and soft.

Transfer to a fine-mesh strainer to drain. Let cool for 10 minutes, or until cool enough to handle.

Using a clean dish towel (or paper towels), press out as much moisture as possible -- there will be a lot of excess liquid.

Return cauliflower to the bowl, and add remaining crust ingredients. Mix thoroughly.

Evenly distribute crust mixture into six circles on the baking sheet, each about 1/4-inch thick and 3 1/2 inches in diameter. Bake until the tops have browned, about 28 minutes.

Meanwhile, in a medium bowl, add all topping ingredients *except* mozzarella and pepperoni. Mix well.

Spread seasoned tomatoes on the crusts, leaving 1/2-inch borders. Sprinkle with mozzarella and chopped pepperoni.

Bake until cheese has melted and crusts are crispy, about 5 minutes.

MAKES 6 SERVINGS

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