Cauliflower Crust Tomato Pie

Children's Hospital of Philadelphia®
Culinary Medicine

PREP TIME: 15 MINUTES
COOK TIME: 25-30 MINUTES

YIELDS: 1 MEDIUM CRUST (6-8 SLICES)

Ingredients

- 3 ½ cups cauliflower, cooked
- ½ cup parmesan cheese
- 2 eggs, raw
- ½ cup marinara sauce
- 1 tablespoon olive oil
- To taste/as desired: salt, pepper, garlic powder, dried oregano and basil



Qualities

- Texture: Soft
- Rating for Scent: 6/10
- Spice Level: 0/10

Recipe Benefits

- Anti inflammatroy
  Low glycemic index

Nutrition Content for 1 Slice (if cut into 6)

Calories: 106kcal
Fat: 7.3g
Protein: 5.8g
Carbohydrates: 5.5g
Fiber: 2.1g
Added sugar: 0g
Sodium: 265.6mg

Directions

1. Cook cauliflower until hot and tender.
2. Transfer the cooked cauliflower to a blender or food processor.
3. Blend on high speed until cauliflower is completely smooth.
4. In a mixing bowl, combine the mashed cauliflower, parmesan cheese, and raw eggs.
5. Season with salt, pepper, garlic powder, and dried oregano.
6. Stir to combine all ingredients.
7. Over a baking sheet with parchment paper.
8. Scoop mixture onto parchment paper.
9. Spread the mixture over the parchment paper approximately ¼ inch thick.
10. Shape the mixture into a rectangular pizza; the edges should be slightly raised.
11. Bake in a preheated 350°F oven for 25-30 minutes until golden brown.
12. Remove baking sheet from the oven.
13. Spread marinara sauce evenly over cooked crust.
14. Drizzle olive oil over top and season with garlic powder and dried oregano.

Chef Tips/Adjustments

- Toppings can be added on top of the pizza such as cheese, olives, mushrooms, basil leaves, meatballs, etc.
- Other dry seasonings can be added such as Italian seasoning, rosemary, red pepper flakes, etc.