Vegan Cauliflower Crust Pizza

Source: Your Body in Balance by Neal Barnard, MD; recipe by Lindsay S. Nixon

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About the Recipe

313 Calories · 15 g Protein · 13 g Fiber
Dinner

Ingredients

Makes 2-4 Servings

- 2 tbsp (30 mL) ground flaxseed or chia seeds
- 4 c (428 g) cauliflower rice
- 1/4 c (30 g) whole-grain flour
- 2 tbsp (30 mL) nutritional yeast
- 1 tsp (5 mL) garlic powder
- 1/4 tsp (1.2 mL) onion powder (optional) **optional*
- 1 1/2 tsp (7.5 mL) Italian seasoning (optional) **optional*
- 1 tbsp (15 mL) tahini
- 1/2 c (120 mL) tomato or marinara sauce
- 6 button mushrooms, sliced
- 12 sun-dried tomatoes, chopped
- 6 olives, sliced
- 1/2 c (83 g) pineapple, chopped
- 1 c (30 g) spinach
- 1/2 bunch fresh basil (optional) **optional*

Directions

1. In a small bowl, mix together the ground flax with 3 tbsp (45 mL) of water. Refrigerate.
2. Microwave cauliflower rice for 8 minutes or cook on the stove for 5 minutes. Once cool, place cooked cauliflower in a clean kitchen towel or cheesecloth and squeeze out all excess liquid. (Squeeze really hard! It needs to be very dry). Transfer to a mixing bowl, add in refrigerated ground flax and stir in remaining ingredients. Add 1-3 tbsp (15-45 mL) of water (as needed) to mix the dough. The drier the dough, the crispier the crust will be.
3. Preheat oven to 400 F (204 C). Turn a baking sheet facedown and line with parchment paper. Place dough ball in the center and cover with more parchment. Flatten and smooth into a 9-inch (23-cm) crust (about 1/4-inch or 0.6-cm thick). Remove top piece of parchment (reserve) and bake 18-25 minutes, or until edges are slightly brown and crispy. Remove crust from oven and place parchment back on top. Put a baking sheet on top and turn over so the crust is on the new baking sheet. Remove top parchment (the old bottom piece) and discard.
4. Spread a thin layer of tomato sauce on crust (you may not need the entire 1/2 c or 120 mL). Add toppings except spinach and basil, if using, and bake 5-10 minutes more, or until toppings are warm.
5. Add spinach and 4 or more basil leaves, if using, before serving (or bake and cook 1 minute more). Sprinkle pizza with additional nutritional yeast, if desired.
6. Note: You will need 16 oz of cauliflower rice which should be equivalent to 4 c.

Nutrition Facts

Per serving (1/2 of recipe):

Calories: 310 kcal
Fat: 11 g
    Saturated Fat: 1.5 g
    Calories From Fat: 30%
Cholesterol: 0 mg
Protein: 17 g
Carbohydrates: 30 g
Sugar: 16 g
Fiber: 16 g
Sodium: 447 mg

Calcium: 152 mg
Iron: 6 mg
Vitamin C: 128 mg
Beta-Carotene: 1061 mcg
Vitamin E: 1.7 mg