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

• ground flaxseeds or chia seeds (2 tbsp.)
• cauliflower rice (1 16-ounce bag)
• flour of your choice (1/4 cup)
• nutritional yeast (2 tbsp.)
• garlic powder (1 tsp.)
• onion powder (1/4 tsp.)
• Italian seasoning (1 1/2 tsp.)
• tahini (1-2 tbsp.)
• tomato or marinara sauce (1/2 cup)
• mushrooms, sliced (4-6)
• dry-packed sun-dried tomatoes, chopped (2 packs)
• sliced olives (1/4 cup)
• pineapple, chopped (1/2 cup)
• spinach (1 cup)
• fresh basil (3-4 leaves)

Directions

1. In a small bowl, mix together the ground flax or chia with 3 tablespoons 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 (or chia) and stir in remaining ingredients. Add 1-3 tablespoons of water (as needed) to mix the dough. The drier the dough, the crispier the crust will be.

3. Preheat oven to 400 F. Turn a baking sheet face-down and line with parchment paper. Place dough ball in the center and cover with more parchment. Flatten and smooth into a 9-inch crust (about 1/4-inch 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 use the entire 1/2 cup). Add toppings except spinach and basil, if using, and bake 5-10 minutes more, or until toppings are warm.

5. Add spinach and basil, if using, before serving (or bake and cook 1 minute more). Sprinkle pizza with additional nutritional yeast, if desired.

Nutrition Facts

Per serving (1/2 of recipe)

- Calories: 313
- Protein: 15 g
- Carbohydrate: 46 g
- Sugar: 17 g
- Total Fat: 11 g
  - Calories from Fat: 29%
- Fiber: 13 g
- Sodium: 474 mg