

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

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