

Rainbow Pizza

Ingredients:

Cauliflower Crust:

- 1 head cauliflower, trimmed, cut into pieces
- ½ teaspoon oregano
- ½ teaspoon basil
- ½ teaspoon garlic powder
- ¼ teaspoon red pepper flakes
- ½ teaspoon sea salt
- ¼ cup parmesan
- 1 large egg

Toppings:

- Pizza sauce
- Low-fat mozzarella cheese, shredded
- Sun-dried tomatoes
- 1 orange bell pepper, sliced
- 1 yellow bell pepper, sliced
- 3 ounces prewashed baby spinach, chopped
- ¼ red onion

Instructions:

1. Preheat oven to 450°F/230°C.
2. Place cauliflower pieces into bowl of food processor and pulse for 30 seconds, or until cauliflower is the texture of cornmeal.
3. Transfer cauliflower to a microwave-safe bowl and microwave on high for 4 minutes. Let cool.
4. Transfer the cooked cauliflower into a clean dish towel and wring out the excess water.
5. Discard water.
6. Place cauliflower into a bowl. Add oregano, basil, garlic powder, sea salt, red pepper flakes, and egg. Mix thoroughly by hand.
7. Transfer cauliflower mixture onto a greased parchment-lined pizza tray or cookie sheet.
8. Pat out the dough into a disk approximately ¼-inch thick.
9. Bake for 8-10 minutes. Remove from oven.
10. Spread a layer of pizza sauce on the crust.
11. Add cheese (optional).
12. Top with your favorite rainbow vegetables.
13. Bake for 8- 10 minutes, or until the spinach is wilted and the cheese is melted.
14. Enjoy!

Source: https://www.buzzfeed.com/melissaboyajian/eat-the-rainbow-with-this-colorful-cauliflower-pizza?utm_term=.mrmkN6dEa#.ammYJ9QP0