

Recipes from a Bright Kitchen

Cauli Pizza

Adapted from Olivia Massie @liv.bright.lines



Bright Line Equivalents

Makes 2 Meals of:

- 1 Protein
- 1 Vegetable (10 oz)
- 1 Fat

Prep/Cooking Time = 65 minutes

Prep = approx. 20 minutes

Cook = approx. 45 minutes

A fantastic and filling meal that makes the most of a host of vegetables.

INGREDIENTS

Crust		Toppings	
12 oz	Cauliflower Rice (frozen), divided*	4 oz	Pizza Sauce or Marinara
9 oz	Zucchini, shredded (fresh), divided*	1 oz	Shredded Italian Cheese
1	Egg	4 oz	Green Bell Pepper, Red Bell Pepper & Red Onion, combined
2.5 oz	Shredded Italian Cheese, divided	1 oz	Sliced uncured pepperoni
1 TBSP	Italian Seasoning		
Tools			
1	Colander or large strainer	2	Medium mixing bowls (microwave safe)
2	Cheesecloth pieces		Parchment Paper
1	Small Baking Pan 13 ¼" x 9 ¼"		

PREPARATION

CRUST

Heat oven to 425 degrees F and line the cookie sheet with parchment paper.

Prepare for squeezing the cauliflower and zucchini by placing some cheesecloth in a colander/strainer. Place the colander on top of a large bowl or in your sink to capture the moisture from the veg.

* NOTE → Your goal at the end of this process is to have 14 oz of squeezed vegetables for the crust; ideally 8 oz of cauliflower and 6 oz of zucchini. You may need more zucchini or cauliflower than noted on the ingredients list depending on the amount of moisture you can remove from the veg through the squeezing process.

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Shred 9 oz of fresh zucchini. Place in medium-sized, microwave-safe bowl. Microwave at high heat for 90 seconds. Remove from microwave and place in colander. Gather the cheesecloth and squeeze as much moisture from the veg as you can. Weigh out 6 ounces and place in a medium mixing bowl, set aside. If you need more, repeat.

Place 12 oz of frozen cauliflower microwave-safe bowl. Microwave at high heat for 90 seconds. Remove from microwave and place in colander. Gather the cheesecloth and squeeze as much moisture from the veg as you can. Weigh out 8 ounces. If you need more, repeat until you have 8 oz. Place squeezed cauliflower in the medium mixing bowl with the zucchini. Mix together and let cool.

Mix up egg and add to the cooled cauliflower/zucchini mix.

Add 1.5 oz of shredded cheese and Italian Seasoning.

Mix all ingredients together and then place on the parchment paper. Spread out to near the edges of the pan, making rectangle (this is not a round pizza). Be sure that your 'dough' is evenly thick throughout.

Place in oven and cook for 25 minutes or until golden brown on top. The edges may be a bit crispy. That's a good thing. Remove from oven when cooked.

TOPPINGS

As the crust cooks, prepare the toppings.

Chop about ½ a green bell pepper, ½ a red bell pepper and ½ a red onion into small pieces. Combine as desired and measure out 4 oz.

Chop pepperoni into quarters.

MAKING THE PIZZA

Evenly spread pizza sauce/marinara on the crust. Add 1 oz of shredded cheese. Top with vegetables then pepperoni, making sure to distribute evenly in a single layer.

Place in oven for about 8-10 minutes or until the pepperoni begins to curl and the edges of the crust are a tiny bit burnt.

Remove, let cool for 2 minutes and cut the pizza in half and then quarter each half so that each half has four pieces.

SERVING SUGGESTIONS

This makes 2 complete meals for a Weight Loss dinner. Make it special by putting your pizza on a gorgeous plate and pour yourself a glass of fizzy water.

Enjoy!