



Pan Pizza

Created by Shrinker/chef, Valorie Harris

Makes one sheet pan serves 6

“Tastes unbelievably good!!!”



INGREDIENTS FOR CRUST

- 3 cups cooked cauliflower (grated or run through a potato ricer)
- 3 cups low fat mozzarella cheese (plus an extra 1 1/2 cups for topping the pizza)
- 3 eggs
- 1 Tbs Italian seasoning
- 1/2 tsp garlic salt. (If you like garlic like Vicki does)
- 1 15oz can low-sodium fire roasted tomatoes (in the canned stewed tomato section of the store.)
- 1 tsp crushed garlic
- 2 tsp Italian seasoning
- 1/2 cup red wine (See footnote to make without wine)

Plus lots of toppings. Use any veggies you would normally put on a pizza. (Mushrooms, onion, fresh tomato, artichoke heart, broccoli, red or green peppers, black olives, pineapple, banana peppers, dried crushed red peppers.)

As for meats, use any that are 85-90% lean. (Turkey pepperoni, turkey sausage, “Gimme lean” sausage.)

DIRECTIONS

1. Preheat oven to 450°
2. Spray sheet pan with PAM or line with non-stick foil.
3. Combine cauliflower, cheese, garlic salt, eggs and 1Tb Italian seasoning and press evenly into pan.
4. Bake for 20 minutes or until edges begin to brown and crust is firm to the touch.
5. Meanwhile, combine tomatoes, garlic, wine and 2t Italian seasoning and bring to a boil then reduce heat to medium and reduce until sauce thickens. (You may have to puree the sauce to get it to thicken up.)
6. Add salt, garlic salt or pepper to taste.
7. Remove crust from oven, set oven to Broil.
8. Spread sauce over entire crust and top with 1 1/2 cups low fat cheese.
9. Add toppings. * (make sure any meat is thoroughly cooked)
10. Broil just until cheese melted.
11. Let cool 5 minutes and cut into 6 squares to serve.

* Go light on the meat as each serving already has lots of fat due to the 3/4 cup of total cheese in each serving.