

Chicken Sausage Cauliflower Crust Pizza

Makes: 4 Servings

“Wyatt loves pizza, but his grandmother is gluten free and can't join us for build-your-own-pizza night,” says Wyatt's mom, Tiffany. “He found a recipe for a cauliflower crust, but decided it needed to taste more like a seasoned flatbread crust. The flavor of the pizza was amazing since he added his own blend of spices into the crust. Serving it with a salad and fruit smoothie is our favorite way to have lunch.”

Ingredients

For the Crust:

- 1 cauliflower, stemmed and roughly chopped
- 1 **tablespoon** olive oil, plus more for drizzling
- 1 **tablespoon** minced onion
- 2 garlic cloves, peeled and minced
- 1 **teaspoon** dried oregano
- 2 **tablespoons** Parmesan cheese
- 1/4 **cup** shredded low-fat mozzarella cheese
- 2 egg whites

For the Sauce:

- 1 15-ounce can tomato sauce
- 2 garlic cloves, peeled and minced
- 2 **tablespoons** minced fresh onion
- 1 **teaspoon** dried parsley
- 1 1/2 **teaspoons** dried oregano
- 1 **tablespoon** grated Parmesan cheese
- 1/2 **teaspoon** dried basil

For the Sausage:

- 1 **pound** ground chicken
- 1/2 **teaspoon** black pepper
- 1/2 **teaspoon** dried parsley
- 1/2 **teaspoon** Italian seasoning
- 1/2 **teaspoon** garlic powder
- 1/2 **teaspoon** fennel seed
- 1/2 **teaspoon** paprika
- 1/2 **teaspoon** onion powder



Nutrition Information

Nutrients	Amount
Calories	398
Total Fat	22 g
Saturated Fat	7 g
Cholesterol	100 mg
Sodium	752 mg
Total Carbohydrate	20 g
Dietary Fiber	6 g
Total Sugars	10 g
Added Sugars included	7 g
Protein	32 g
Vitamin D	N/A
Calcium	308 mg

Directions

1. **To make the Crust:** Preheat the oven to 375°F. In a food processor, add the cauliflower in sections and pulse 10 times until it has a rice-like consistency. Place into a dry dishcloth, squeeze and wring out any water into the sink. Pour out on a parchment-lined baking sheet and drizzle with olive oil. Bake for 25 minutes, or until dry and lightly golden. Remove and cool. In a large mixing bowl, add cauliflower and remaining crust ingredients. Mix together until dough forms, then press mixture into two 8-inch circles on the parchment-lined baking sheet. Drizzle with olive oil if desired. Turn oven up to 450°F and bake for 20 minutes.
2. **To make the Sauce:** In a large stockpot, combine all ingredients, stir, and cook over medium heat for 20 minutes.
3. **To make the Sausage:** In a large mixing bowl, combine all of the ingredients except the olive oil. In a large nonstick skillet, warm the olive oil over medium heat. Add the chicken mixture and cook, stirring, for 10 minutes, or until cooked through and starting to brown.
4. **To Assemble:** To each crust, add 3 tablespoons sauce, any toppings, sausage, and ¼ cup mozzarella cheese. Return to oven and bake 8 minutes, or until cheese is melted and toppings warm. Cut into 4 slices and enjoy.
The 2016 Healthy Lunchtime Challenge Cookbook