

## Cauliflower Pizza Crust

1 cup cauliflower, frozen, cooked, riced  
1 large fresh egg  
1 cup shredded cheddar cheese  
1/2 teaspoon fennel  
1 tsp ground oregano  
2 tsp dried parsley

### Directions:

Rice or finely chop the cauliflower. Beat egg, add the cauliflower, and shredded cheese. Mix, then press into a greased pizza pan then sprinkle with the spices. Bake at 450° for 12 to 15 minutes. If you double the recipe cook 15 to 20 minutes.

Add desired pizza topping (not included in nutritional info) such as red sauce, mushrooms, green pepper, onions, cheese, etc. Bake until brown and cheese is bubbly.

Yield: 4 servings

### Nutritional Information per serving

Calories 143.4  
Fat 10.8 g  
Cholesterol 82.8 mg  
Sodium 200.2 mg  
Carbs 2.7 g  
Fiber 1.5 g  
Protein 9.4 g