



Cheesy Cauliflower Crusted Rosemary and Tomato Pizza is excerpted from [Right Size Recipes](#) © 2019 by General Mills. Photography © 2019 by General Mills. Reproduced by permission of Houghton Mifflin Harcourt. All rights reserved.

Cheesy Cauliflower Crusted Rosemary and Tomato Pizza

Prep Time: 20 Minutes • Start to Finish: 55 Minutes • 2 servings

CRUST

- 1 bag (12 oz) frozen riced cauliflower**
- 1 egg**
- ½ cup shredded mozzarella cheese**
- 2 tablespoons grated Parmesan cheese**
- ½ teaspoon salt**
- Cooking spray**

TOPPINGS

- ¼ cup pizza sauce (from 14-oz jar)**
- ¾ cup shredded mozzarella cheese**
- 2 teaspoons chopped fresh rosemary leaves**
- 1 Roma tomato, thinly sliced**
- 1 thin slice red onion, separated into rings**
- 1 tablespoon grated Parmesan cheese**

1. Move oven rack to the lowest position. Heat oven to 450°F. Line cookie sheet with cooking parchment paper; spray with cooking spray. Microwave cauliflower as directed on package. Drain in colander. Cool 10 minutes. Using paper towels, press out as much moisture as possible.
2. In medium bowl, combine cauliflower, egg, ½ cup mozzarella cheese, 2 tablespoons Parmesan cheese and salt; mix well. Using hands, press cauliflower mixture into 10-inch circle on cookie sheet; spray with cooking spray.
3. Bake 18 to 20 minutes or until golden brown. Spread crust with pizza sauce. Top with ½ cup of the mozzarella cheese. Sprinkle with fresh rosemary. Top with tomatoes and red onion rings. Sprinkle with remaining ¼ cup mozzarella cheese and 1 tablespoon Parmesan cheese.
4. Return to oven; bake 5 minutes longer or until cheese is melted. Let stand 5 minutes. To serve, cut into wedges.

1 Serving: Calories 320; Total Fat 18g (Saturated Fat 10g, Trans Fat 0.5g); Cholesterol 140mg; Sodium 1330mg; Total Carbohydrate 15g (Dietary Fiber 4g); Protein 25g Exchanges: 2½ Vegetable, 3 Medium-Fat Meat, ½ Fat Carbohydrate Choices: 1

Use It Up: If you have some leftover Alfredo pasta sauce, you can substitute it for the pizza sauce.

Swap It: This cauliflower crust makes a great base for other toppings like fresh basil leaves, bell pepper strips, sliced mushrooms, thin slices of fresh mozzarella cheese, garbanzo beans or chopped artichoke hearts.



from [Food 52](#), [Size Matters](#), [Eat This, Not That!](#), [Buy Good](#), [Kiss](#), [Photography](#), [© 2018](#), [Seraf](#), [Milk](#), [Beard](#), [Sally](#), [Houghton](#), [M](#), [Barcourt](#), [All](#), [rights](#), [reserved](#).