



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

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 | 0 mcg |
| Calcium | 308 mg |
| Iron | 3 mg |
| Potassium | 1428 mg |

N/A - data is not available

MyPlate Food Groups

| | |
|---|------------|
|  Vegetables | 1 3/4 cups |
|  Protein Foods | 3 ounces |
|  Dairy | 3/4 cup |

- 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

1 teaspoon sea salt

1 tablespoon olive oil

Toppings:

1/2 cup shredded low-fat mozzarella cheese

Optional Toppings:

green pepper slices, mushrooms, olives, onions, tomatoes, spinach

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 $\frac{1}{4}$ cup mozzarella cheese. Return to oven and bake 8 minutes, or until cheese is melted and toppings warm. Cut into 4 slices and enjoy.

Notes

State: Ohio

Child's Name: Wyatt Rosengarten, 9

Source: The 2016 Healthy Lunchtime Challenge Cookbook