Colorful Rainbow Cauliflower Crust Pizza  
Makes 4 servings

Ingredients:

**CRUST:**
- 2- 10-ounce Frozen “Steam in the Bag” Riced Cauliflower (2-3 cups)
- ¼ cup shredded parmesan cheese
- ¼ cup part-skim low moisture mozzarella cheese
- 1 large egg
- ½ teaspoon garlic powder
- 1 teaspoon Italian seasonings

**TOPPING:**
- ½ cup marinara sauce
- ½ cup orange peppers
- ½ cup green peppers
- ½ cup broccoli florets
- ½ cup thinly sliced red onions
- ¼ cup low-sodium canned corn, drained
- ½ cup grape tomatoes, halved

Directions:

1. Preheat oven to 500 degrees F.
2. Cook the Riced Cauliflower according to directions on bag. Remove it from the microwave and allow it to cool for at least 4 to 5 minutes. DO NOT RUSH THIS STEP! After it has cooled slightly, place it in a clean kitchen towel and squeeze all liquid out of it. Be sure to squeeze as much liquid as humanly possible.
3. Combine the cauliflower, parmesan cheese, mozzarella cheese, egg, garlic powder and Italian seasonings. Mix together until a dough texture forms. Spread the mixture out onto lightly greased parchment paper or a pizza pan in the shape of a rectangle pizza crust.
4. Bake the crust for approximately 10-15 minutes (depending on your oven), or until the crust is golden and crispy.
5. After the crust is removed from oven top it with marinara sauce and the chopped veggies.
6. Place pizza back in oven and bake for additional 12 to 15 minutes.
7. Slice and serve!

Source: Orange County Cornell Cooperative Extension

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**Nutrition Facts**

4 servings per container  
Serving size 1/4 of recipe (281g)

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>Calories 140</th>
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<tbody>
<tr>
<td>Total Fat 4.5g</td>
<td>6%</td>
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<tr>
<td>Saturated Fat 2.5g</td>
<td>13%</td>
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<tr>
<td>Trans Fat 0g</td>
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<tr>
<td>Cholesterol 55mg</td>
<td>18%</td>
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<tr>
<td>Sodium 200mg</td>
<td>9%</td>
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<tr>
<td>Dietary Fiber 4g</td>
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<tr>
<td>Total Sugars 8g</td>
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<tr>
<td>Includes 0g Added Sugars</td>
<td>0%</td>
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<tr>
<td>Protein 10g</td>
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*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

29% calories from fat