



# Cooking in the Kitchen at Olums

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*Cooking Delicious Recipes  
that are Easy & Nutritious!*  
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## Sundried Tomato Cauliflower Pizza

Serves 8 slices

### Pizza Crust Ingredients:

- 5 cups cauliflower rice
- 1 large egg
- 1 tsp oregano
- 1 tsp basil
- ¼ tsp salt
- ¼ tsp ground black pepper
- ½ cup shredded part-skim mozzarella cheese

### Toppings:

- ½ cup pizza sauce
- ½ cup shredded Italian cheese
- ½ cup sundried tomatoes, drained and chopped

### Directions:

1. Preheat oven to 450° F. Prepare a baking sheet with parchment paper.
2. In a mixing bowl whisk the egg with the oregano, basil, salt, and pepper. Add the shredded cheese and cauliflower; mix until combined.
3. Transfer the 'dough' to the middle of the baking sheet and flatten until a thin pizza crust forms.
4. Bake for 20 minutes and carefully flip and return to the oven to bake for 5 minutes more.
5. Top with the pizza sauce, shredded Italian cheese, and sundried tomatoes (or your favorite pizza toppings). Bake for 7-10 minutes until cheese is melted. Slice and serve.