



St. Charles Hospital

Catholic Health Services

At the heart of health

MEDITERRANEAN CAULIFLOWER PIZZA



Ingredients

1 cup Water	4 oz. Red Quinoa
1 head Cauliflower	2 Eggs
1 cup Mozzarella Cheese, shredded	1 tbsp. Oregano, fresh chopped
½ tsp. Salt	½ tsp. Black Pepper, fresh cracked
¼ cup Kalamata Olives, chopped	1 cup Plum Tomato, diced ¼"
¼ cup Feta Cheese, crumbled	¼ cup Basil, fresh chopped
1 tbsp. Olive Oil	

Directions

1. Cook quinoa in water until tender, set out on sheet pan to cool
2. In food processor pulse cauliflower to a very fine chop, do not over mix
3. Spread cauliflower on sheet pan and roast until lightly browned and tender, set aside to dry and remove any excess moisture
1. In bowl combine beaten eggs, cooked and squeezed cauliflower, cooked quinoa, shredded cheese and season with salt and pepper
2. Spread onto pizza pan or any pan that has been lined with parchment paper and spread evenly to ¼" thickness, press into pan lightly
3. Bake at 350° for 12-15 minutes, set aside to cool
4. Combine tomato, olive, feta cheese, basil and olive oil, gently toss and spread evenly on cauliflower pizza crust
5. Serve immediately



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