



Deep-Dish Cauliflower Pizza Bowl



Entire recipe: 217 calories, 7.5g total fat (3.5g sat. fat), 892mg sodium, 19g carbs, 3.5g fiber, 3g sugars, 19g protein

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Prep: 5 minutes **Cook:** 5 minutes or less



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Ingredients

1/2 cup riced cauliflower, cooked and drained (I used [Green Giant](#))
2 tbsp. whole-wheat flour (or whatever kind you have on hand)
1 1/2 tbsp. (about 1 large) egg white or fat-free liquid egg substitute
1 tbsp. grated Parmesan cheese
1/2 tsp. baking powder
Dash Italian seasoning
2 tbsp. marinara sauce (preferably with 70 calories or less per 1/2-cup serving)
1 stick light string cheese, chopped or shredded
4 pieces turkey pepperoni, chopped

Directions

In a wide microwave-safe mug or small bowl sprayed with nonstick spray, combine cauliflower, flour, egg white/substitute, Parm, baking powder, and Italian seasoning.

Mix thoroughly, and press to form the crust. Microwave for 1 1/2 minutes, or until set.

Top with sauce, chopped/shredded cheese, and chopped pepperoni. Microwave for 30 - 40 seconds, or until cheese has melted.

MAKES 1 SERVING

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