



Pizza-fied Cauliflower Steaks



1/2 of recipe (1 pizza): 140 calories, 6g total fat (2.5g sat fat), 503mg sodium, 14.5g carbs, 5g fiber, 6.5g sugars, 10g protein

Blue Plan (Freestyle™) SmartPoints® value 4*

Prep: 5 minutes **Cook:** 30 minutes

Tagged: [Lunch & Dinner Recipes](#), [5 Ingredients or Less](#)



Ingredients

Two 1-inch-thick cauliflower slabs (cut from the center of a large cauliflower)
1/2 cup marinara sauce with 4g fat or less per serving
1/4 cup shredded part-skim mozzarella cheese
1/2 oz. (about 8 slices) turkey pepperoni, chopped

Seasonings:

1/2 tsp. garlic powder
1/2 tsp. onion powder
1/4 tsp. Italian seasoning
Optional topping: chopped fresh basil

Directions

Preheat oven to 425 degrees. Spray a baking sheet with nonstick spray.

Place cauliflower on the baking sheet, and lightly spray with nonstick spray. Sprinkle with seasonings. Bake until tender and lightly browned, about 25 minutes.

Spread cauliflower with sauce, leaving a 1/4-inch border. Top with cheese and pepperoni.

Bake until cheese melts, about 3 minutes.

MAKES 2 SERVINGS

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.