



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

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



More: [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

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.