

cauliflower crust

SERVES 4

RECIPE FROM: [Detoxinista](#)

COOK TIME: 45 minutes

2 pounds cauliflower florets , riced

1 egg, beaten

½ cup soft goat cheese (chevre)

1 tsp dried oregano

pinch of salt

Goat cheese creates a great texture but mozzarella and other cheese work well too.

PREHEAT oven to 400°F.

PULSE batches of raw cauliflower florets in a food processor until a rice-like texture is achieved.

FILL large pot with about an inch of water and bring to a boil. Add cauliflower rice and cover. Let cook 4-5 minutes. Drain.

TRANSFER to a clean, thin dishtowel. Wrap steamed rice in the towel, twist and squeeze all the excess moisture out.

MIX strained rice in a large bowl with beaten egg, goat cheese and spices.

PRESS dough out onto a baking sheet lined with parchment paper. Keep dough about ½ inch thick, making edges a bit higher for a “crust” like effect.

BAKE 35-40 minutes until firm and golden brown.