



Cauliflower Crust Pizza

Description



A veggie-packed farm-to-table recipe that is as satisfying as traditional pizza!

Ingredients:

- 1 head cauliflower, washed and broken into chunks
- 1/3 C. chopped onion
- 2 eggs
- 1 C. grated cheese of choice
- A drizzle of The Olive Tap's [100% Extra Virgin Olive Oil](#)

- Sea salt, pepper, red pepper flakes and herbs to taste—be generous (Ground fennel seeds are delicious in this.)
- Fresh tomatoes or sauce
- Fresh mozzarella, provolone, or your favorite pizza cheese
- Your favorite pizza toppings: organic sausage, caramelized onions, fresh mushrooms, etc.
- The Olive Tap's [Basil Fused Olive Oil](#)

Directions:

1. In a food processor or Vitamix, pulverize cauliflower and onion with eggs, cheese, salt, pepper, herbs, and spices into a thinly shredded consistency. Spoon crust into a cast-iron baking pan or pizza pan.
2. Drizzle with EVOO and bake for approximately 15-20 minutes in a 425° oven. Remove from oven and top with fresh tomatoes or sauce, cheese, and toppings and return to oven for another 10-15 minutes until crust is browned to your liking and cheese is sufficiently melted.
3. Alternatively, the finished pizza can be broiled for 5-8 minutes at 500° instead. Finish with Basil Fused Olive Oil and fresh herbs.

Recipe courtesy of The Olive Tap Medina, Ohio.

Recipe originally appeared at <https://theolivetaprecipes.com/recipes/cauliflower-crust-pizza/>

[Back to Recipes](#)

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