

Hello Dr. Carr:

I made this "pizza" tonight and it came out pretty well. Thought others may want to try it . Anyways, here are the ingredients:

1/2 bag of frozen cauliflower

1 egg

seasonings of choice

duke's mayo

lemon juice

olive oil

dry ground mustard

mushrooms (white)

chicken

spinach

Hannaford's chicken sausage (I got the Italian one)

Any other veggies you want to "throw on"...ie broccolli, green pepper

First , preheat the oven to 375

Steam the cauliflower for about 5 min (I used my microwave veggie steamer)

Blot the excess moisture with a paper towel

Put the cauliflower in a food processor and add the egg and spices of your choice...for me I added garlic and a "mixed seasoning"

Pulse for a few times...you don't want it too mushy.

Spread out the mixture into a 1/2 inch thickness on some parchment paper on a cookie sheet.

Place in the oven and bake for 12 min...Then , peel it off the parchment paper and turn it over and bake the other side for another 12 min.

Remove it from the oven. I mixed the duke's mayo with about 1/4 tsp of lemon juice and then added about a tablespoon of olive oil, dry mustard, and seasonings...my version of the "ranch dressing". I spread this over the crust, then added my toppings. Baked for an additional 10 min and voila! Very yummy when you are craving a "pizza". Hope you enjoy this one..

Maureen