

DEEP DISH PIZZA



50 STATES 50 PLATES

featuring

★ FRANKLIN BECKER ★

Paid spokesperson for Novo Nordisk.

INGREDIENTS

- ★ 2 heads cauliflower (about 2 pounds each)
- ★ 2 large eggs
- ★ ½ cup almond flour
- ★ ½ cup grated Parmesan
- ★ 1 teaspoon Italian seasoning
- ★ ½ teaspoon kosher salt
- ★ ½ cup pizza sauce
- ★ 2 cups shredded part-skim mozzarella
- ★ Crushed red pepper flakes, to garnish
- ★ Fresh basil leaves, to garnish

DIRECTIONS

Preheat the oven to 425 degrees F. Cut the cauliflower head into florets and pulse in batches in a food processor to a fine consistency (you should have about 6 cups total). Place processed cauliflower in a microwave-safe bowl and cover tightly with plastic wrap. Microwave for 4 to 6 minutes, until soft. Transfer to a clean, dry kitchen towel and allow to cool, at least 15 minutes.

When cool enough to handle, wrap cauliflower in the towel and wring out as much moisture as possible, transferring to a second towel if necessary. In a large bowl, stir together the cauliflower, eggs, almond flour, Parmesan, Italian seasoning, and salt until well combined and set aside.

Heat a 10" cast iron skillet over medium-high. Generously coat with olive oil spray, then transfer the cauliflower "dough" to the pan. Using your hand and a flat-bottomed measuring cup, carefully press the crust evenly into and about 2/3 of the way up the sides of the pan, then reduce heat to medium and continue to cook on the stovetop until the crust is just beginning to brown

at the edges, about 8 to 10 minutes (if the bottom of the crust begins to puff, prick all over with the tip of a sharp paring knife to flatten). Transfer to the oven and continue to bake until golden brown and firm, 20 to 25 minutes more.

Remove crust from oven and top evenly with pizza sauce and mozzarella. Return to the oven and bake until the cheese is melted and bubbly, about 10 minutes more. Garnish with crushed pepper flakes and fresh basil leaves just before serving.

Serving Size and Nutritional Information:

Serves 1 (Serving Size = 231g)

390 Calories Per Serving, **24g** Total Fat,

14g Total Carbohydrates, **30g** Protein

Estimated nutrition information is provided as a courtesy. Data gathered via a registered nutritionist. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.



Want more recipes? Download more delicious, type 2 diabetes-friendly recipes at [MyType2Transformation.com](https://www.MyType2Transformation.com).



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