



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Go the Distance with Pizza!

And don't forget dessert – these sweet recipes are available on InSeasonzine.com.

Whether you're celebrating the Big Game or Valentine's Day, these recipes are sure to please. Forget the buffet of unhealthy game-day foods or elaborate, calorie-filled Valentine's meal with your sweetheart. Simplify your celebrations and enjoy some twists on a favorite food – **PIZZA!** These better-for-you pizzas are so full of flavor you won't be disappointed! Start with a thin & crispy cauliflower crust. Then, add whatever toppings you prefer. Or make mini versions in a muffin tin. Both lend themselves to a variety of topping combinations!



Ingredients: Cauliflower Pizza Crust

- 1 medium head cauliflower, coarsely chopped
- 1/4 cup water
- 3 garlic cloves, minced
- 2 large egg whites
- 1/2 cup shredded part-skim mozzarella cheese
- 2 Tbsps. grated Parmesan cheese
- 1-1/2 tps. olive oil
- 1/4 tsp. kosher salt
- 1/4 tsp. freshly ground black pepper



Directions:

1. Preheat oven to 450°. Line cookie sheet with parchment paper.
2. In food processor with knife blade attached, pulse half the cauliflower 10 times or to rice-like consistency. (You should have about 6 cups.) Transfer cauliflower to large microwave-safe bowl. Repeat with remaining cauliflower.
3. Add water to cauliflower; cover bowl with plastic wrap; heat in microwave oven on high 12 minutes or until very tender. Uncover; let stand 30 minutes. Place cauliflower in clean kitchen towel; squeeze until very dry.
4. In same bowl, stir steamed cauliflower, garlic, egg whites, 1/2 cup mozzarella cheese, Parmesan cheese, oil, salt and black pepper.
5. Press cauliflower mixture into 14-inch circle on prepared cookie sheet. Bake 24 minutes or until browned. Add preferred toppings and cook 7-10 more minutes.

Ingredients: Cauliflower Pizza Cups

- 1 large head cauliflower, coarsely chopped
- 2 large egg whites
- 3/4 cup grated Parmesan cheese
- 1/4 cup low-fat ricotta cheese
- 2 tps. no salt added Italian seasoning
- 24 slices turkey pepperoni, chopped
- 1/2 cup low sodium marinara pasta sauce
- 1/2 cup shredded part-skim mozzarella cheese



Directions:

1. Preheat oven to 400°. Liberally spray 12-cup muffin pan with cooking spray.
2. In food processor, pulse half the cauliflower 10 times or to rice-like consistency; transfer to large microwave-safe bowl (you should have about 6 cups). Repeat with remaining cauliflower.
3. Heat cauliflower in microwave oven on high 8 minutes or until tender; stir in eggs, 1/2 cup Parmesan cheese, ricotta cheese, Italian seasoning and 1/2 of the pepperoni. Heat cauliflower mixture in microwave oven on high 2 minutes; stir.
4. Firmly press cauliflower mixture into prepared cups; with back of spoon, make small well in center of each. Bake cups 18 minutes or until browned; add sauce, mozzarella cheese and remaining 1/2 of the pepperoni. Bake cups 10 minutes or until cheese melts; sprinkle with remaining 1/4 cup Parmesan cheese. Cool cups in pan 5 minutes; remove cups and serve sprinkled with parsley, if desired.