Healthy Cooking – Session 6
August 23, 2020

Cauliflower crust pizza topped with grilled/roasted veggies of choice
Recipe by Alicia Lusardi of Gym Kelly Fitness

Ingredients (serving size of 4):

2 cups of riced cauliflower (can buy frozen if easier)
1 large egg
1.5 cups of shredded mozzarella (preferably low-fat)
2 tablespoons of grated parmesan cheese
Toppings of choice: examples include cherry tomatoes, fresh basil, tomato sauce, roasted sweet potato, roasted/grilled squash, peppers, and mushrooms