

CAULIFLOWER CRUST STROMBOLI

Ingredients:

Makes 1 Stromboli, enough for 4 as an appetizer

Cauliflower crust

1 small head cauliflower, cut into small florets (should yield 3 cups of cauliflower rice)

1 free-range organic egg, lightly beaten

$\frac{1}{2}$ cup / 1.7 oz / 50 gr shredded mozzarella cheese

$\frac{1}{2}$ teaspoon fine grain sea salt

$\frac{1}{2}$ teaspoon dried oregano

$\frac{1}{4}$ teaspoon ground black pepper

Filling

3 tablespoons tomato sauce (such as marinara)

$\frac{1}{2}$ cup mozzarella cheese (I used cheddar)

Ham, pepperoni, salami or any other meat of your choice (skip this if you're vegetarian)

Grated Parmesan cheese and dried oregano to taste

Directions:

Preheat oven to 450°F (220°C) and place a rack in the middle. Line a baking sheet with parchment paper and liberally grease it with olive oil. Set aside.

In a food processor rice the cauliflower florets (it should be evenly chopped but not completely pulverized).

Transfer cauliflower rice (3 cups) to a microwave-safe dish and microwave on high for 8 minutes, until cooked.

Place the cauliflower rice in a tea towel and twist it to

squeeze as much moisture as you can (I usually squeeze out over a cup of liquid). This is very important. The cauliflower rice needs to be dry, otherwise you'll end up with mushy dough, impossible to roll into a stromboli.

Transfer the cauliflower rice to a mixing bowl, add egg, mozzarella, oregano, salt and pepper and mix well.

Spread cauliflower mixture onto the lined baking sheet and form into a large rectangle.

Place in the oven and bake for exactly 10 minutes (no more, no less, 10 minutes).

Remove from the oven and spread tomato sauce over most of the dough, leaving a 2-inch border on one side.

Spread half of the mozzarella, then the meat (I used ham), then the remaining cheese.

With a large spatula lift the longer sides of the crust and roll into stromboli shape (you may also use the parchment paper to help you do this!)

Flip them seam down and tuck/fold the shorter side to close the stromboli.

Cut slats in the top, and sprinkle with some grated Parmesan cheese and oregano.

Return to the oven and bake for an additional 12 minutes.

Wait a few minutes before you slice and serve.

And beware of all that raging ooey gooey cheese. Right out of the oven it's thermonuclear hot. So, watch yourself.

Serve with extra sauce if you feel so inclined.

Source:yummlly.com