

Cauliflower Cheesy Bread

Ingredients

1 large head cauliflower
2 large eggs
2 cloves garlic, minced
1/2 tsp. dried oregano
3 c. shredded mozzarella, divided
1/2 c. grated Parmesan
kosher salt
Freshly ground black pepper
pinch of crushed red pepper flakes (I would make this optional)
2 tsp. Freshly Chopped Parsley
Marinara, for dipping

Preparation

Preheat oven to 425° and line a baking sheet with parchment.

On a box grater or in a food processor, grate cauliflower.

Transfer cauliflower to a large bowl with eggs, garlic, oregano, 1 cup mozzarella, Parmesan, and season with salt and pepper. Stir until completely combined. Transfer dough to prepared baking sheet and pat into a crust. Bake until golden and dried out, 25 minutes.

Sprinkle with remaining mozzarella, crushed red pepper flakes, and parsley and bake until cheese is melted, 5 to 10 minutes more. Slice and serve.

Notes:

- Recipe courtesy of delish.com
- I used a food processor as it was super fast and easy.
- Next time I make this I would place the grated cauliflower in a towel and squeeze out some of the water. I don't know yet how much but probably most.
- Red Pepper Flakes are definitely optional. Some did not like that surprise kick of heat.

- The parchment paper held moisture on the bottom. Use a non-stick sheet pan or cookie sheet instead with just a teaspoon of olive oil. Rub it on pan with a paper towel. This should help to crisp up the bottom and the edges. However, the caramelized crust will still stick. so when you take out of the oven, place a large sheet of foil over the pan and tuck in the edges. Leave it on for about 5 minutes. Check to see if crust lifts. If so, cut into squares and serve. If not leave foil on for a few more minutes until the crust loosens.

I did it both ways, with parchment and without and folks like the crispier one baked without parchment.

This is a definite “do-over” as we say in our family when we try new recipes. Have fun with it.

