



Coarse Salt recipes

Skillet Grilled Cauliflower Pizza Crust



How long: 15 minutes (grilling), 10 minutes (prep)

Serves: 2 crusts

Pizza, our love for you keeps growing. Which sometimes reminds us to carb-cut and be real about the whole affair. This cauliflower pizza crust takes on a doughy consistency much like those you know and nosh, forming a nice char on the grill with a chewy texture that holds up to the heaviest toppings. Make it vegan with your favorite dairy substitute and any flavor combinations the heart desires.

Why Coarse?

**Large
Crunchy
Robust**

Our sea salt is made by solar evaporation from seawater and harvested into crunchy pops of flavor right to your kitchen. Its coarse grains bring a delightful texture to the grill, desserts and those tried-and-true recipes that need a little twist.

Ingredients

2 cups riced cauliflower, steamed (about ½ head grated cauliflower)

2 eggs, beaten

¾ cup Parmesan cheese, vegan parmesan or nutritional yeast

2 Tbsp cornstarch

Morton® Coarse Salt, to season dough and finish

Mediterranean seasonings such as parsley, basil, oregano, garlic and rosemary, to season

Steps

- 1 Preheat grill to medium-high (or an oven to 400°F).
- 2 “Rice” cauliflower with a grater, steam and drain very well. Cool and pat dry to squeeze out excess liquid.
- 3 Mix riced cauliflower, eggs, cheese/substitute, cornstarch, a pinch of Morton® Coarse Salt and the seasonings in a bowl. Dough should appear slightly fluffy and bind together.
- 4 Generously grease a grill-safe pan and drop cauliflower dough onto the surface like a pancake. Flatten dough slightly and close the grill.
- 5 Grill until sides crisp up, adding toppings about 8 minutes in. Finish with Morton® Coarse Salt and serve hot.

PSST: SOME TIPS

- Save time with store-bought riced cauliflower or try other firm, riced veggies such as broccoli.
- Get creative with toppings and leftovers: try leftover crispy potatoes, rosemary and goat cheese.