

Comforting Cauliflower Crust Pie

(MAKES 4 SERVINGS, ¼ PIE EACH)

TOTAL TIME: 35 MIN.

PREP TIME: 3 MIN.

COOKING TIME: 32 MIN.



FOR CAULIFLOWER CRUST:

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| 1 | Nonstick cooking spray |
| 2 bags (10-oz. each) / 570 g | large egg |
| | frozen cauliflower rice |
| | Cheesecloth |
| | (or paper towels) |
| ¼ cup / 20 g | grated Parmesan cheese |
| 1 tsp. | garlic powder |
| 1 tsp. | onion powder |

FOR FILLING:

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|-------------------------------------|-------------------------------------|
| 1 Tbsp. | unsalted organic butter |
| | (grass-fed, if possible) |
| 1 (10-oz.) bag / 285 g | frozen broccoli |
| 1 (12-oz.) bag / 340 g | frozen butternut squash |
| 1 (15-oz.) container / 425 g | part-skim ricotta cheese |
| 1 Tbsp. | cornstarch (preferably |
| | GMO-free) + 1 Tbsp. water |
| | (combine to form a slurry) |
| 1 Tbsp. | balsamic vinegar |
| 1 tsp. | onion powder |
| 1 tsp. | garlic powder |
| ½ tsp. | sea salt (or Himalayan salt) |
| ½ tsp. | dried thyme |
| ½ tsp. | dried rosemary |
| ½ tsp. | ground black pepper |

1. Preheat oven to 400° F (205 °C).
2. Lightly coat a 9-inch (23-centimeter) pie dish with spray; set aside.
3. Add egg to a large mixing bowl; lightly beat.
4. Place cauliflower rice in a microwave-safe dish; microwave on high for 6 to 7 minutes. Let cool; place cauliflower in cheesecloth. Twist and squeeze cloth until almost all liquid has been expressed. Add cauliflower, Parmesan cheese, garlic powder, and onion powder to egg; stir to combine. Press cauliflower mixture into bottom and up sides of prepared dish.
5. Bake for 20 minutes, or until top is dry and edges begin to brown.
6. While cauliflower crust bakes, heat butter in a large nonstick skillet over medium-high heat.
7. Add broccoli and butternut squash; cook, stirring occasionally, for 6 to 7 minutes, or until most liquid has evaporated.
8. Add ricotta cheese, cornstarch slurry, balsamic vinegar, onion powder, garlic powder, salt, thyme, rosemary, and pepper to a small mixing bowl; whisk to combine. Add to vegetables; stir to combine.
9. When crust finishes baking, pour vegetable mixture into crust, spreading around evenly; bake for 20 to 25 minutes, or until bubbling and set. Let cool for 10 minutes; slice.

Tips:

- To make this a dinner, swap the butternut squash for any frozen vegetables of your choice (carrots, mirepoix, bell peppers, etc.).
- You can also use this cauliflower crust as a pizza crust.

Recipes containing the **F** icon are designed to be high in fiber. These recipes contain at least 20% of the daily value for fiber.

Recipes containing the **GF** icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

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