



Cauliflower Pizza with Brussels Sprouts, Fig and Goat Cheese

Recipe by physicalfoodie

Course: **Entrées**

Prep time
15 minutes

Cooking time
25 minutes

Total time
40 minutes

The sweetness of the figs and balsamic glaze makes this meatless entrée a tough one to share, it tastes more like a treat.

Ingredients

- Pre-made cauliflower crust
- 2-3 figs, sliced
- 3 tbs. extra virgin olive oil
- a dash of salt and pepper
- 8 ounces of Brussels sprouts, shaved
- 3 ounces goat cheese
- 2 tbs. balsamic glaze

Directions

- 1** Cook the cauliflower crust according to the directions on its package. If you are using the one from Trader Joe's like I have, you need to precook it before adding your toppings and placing back into the oven.
- 2** While your crust is baking in the oven, take a medium sized frying pan and heat up 1 tbs. of olive oil.
- 3** Next, add your shaved Brussels sprouts and sauté with a dash of salt and pepper for about 5 minutes.
- 4** When cauliflower crust is ready for toppings, brush with 2 tbs. of extra virgin olive oil.
- 5** Top with the shaved Brussels sprouts, sliced figs and crumbled goat cheese.
- 6** Place back into the oven set at whatever temperature your cauliflower crust package states to set it to and bake for about 10 minutes or until the cheese has softened.
- 7** Remove from oven and drizzle with balsamic glaze. Slice up your pizza and enjoy!

Notes

- This recipe uses a pre-made cauliflower crust of your choice. I use one from the freezer section at Trader Joe's.

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