



Pizza Casserole

Pizza casserole is a super easy way to stay low carb or Keto for dinner... with simple ingredients you probably already have! Add as many or as few toppings as you'd like. The result is a deep dish style pizza that your whole family will love!

Here are the Ingredients You'll Need:

- 2C Riced Cauliflower
- 1/2 C Mozzarella
- Pizza Seasoning
- Pasta or Marinara Sauce
- Pizza toppings
(tomato/sausage/pepperoni/green pepper/cheese etc...)



Recipe:

- Add toppings (like green pepper, sautéed mushrooms, sausage, pepperoni, diced tomatoes rinsed and dried with a paper towel)
- Add pizza sauce
- Top with Cheese
- Bake 425 for 10-15 min. Let cool and enjoy!

The Keto Dad Tips:

- We use frozen riced cauliflower and it comes out PERFECT!
- Cooking just the rice cauliflower and spice dries out the cauliflower - you don't have to press out the water!
- When you choose your toppings, keep carbs in mind!

Serves: 4

Macros: Calories 258, Fat 19g, Carbs 7g, Fiber 2g, (Net Carbs 5) Protein 15g
(toppings used were sausage, tomato, mozzarella cheese and parmesan cheese)

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