



Makes 1 pizza
Preparation Time: 30 minutes
Cook Time: 30 minutes

INGREDIENTS:

3 cups bite-size cauliflower florets

½ cup low-sugar barbecue sauce

½ of a 15-oz. can no-salt-added cannellini beans, rinsed and drained (¾ cup)

1 teaspoon ground cumin

Pinch cayenne pepper

1 oil-free whole wheat pizza crust

1 cup chopped fresh pineapple

¼ cup sliced scallions (green onions)

¼ cup chopped fresh cilantro

BBQ Cauliflower and Pineapple Pizza

Barbecue sauce dials up the sweet-and-savory goodness of pineapple pizza in this mouthwatering 30-minute meal. If you want the texture to be a little more chewy, use the short end of the baking range. You can use store-bought oil-free pizza crust or make your own with our basic [WFPB Pizza Crust](#) or our [Quick Cornmeal Pizza Crust \(Gluten-Free\)](#).

By Nancy Macklin, RDN

- 1 Preheat oven to 400°F. Line a baking sheet with parchment paper or a silicone baking mat. In a medium bowl toss cauliflower with ¼ cup of the barbecue sauce. In a small bowl mash beans with cumin and cayenne pepper.
- 2 Place pizza crust on the prepared baking sheet. Spread bean mixture over crust, leaving a ½-inch border around edge. Top with pineapple and the cauliflower mixture. Drizzle with the remaining ¼ cup barbecue sauce.
- 3 Bake 15 to 20 minutes or until crust is browned around edges and cauliflower is crisp-tender. Sprinkle with scallions and cilantro. Cut into wedges.