

## Baked Cauliflower Crust Pizza with Buffalo Chicken & Dill Ranch

If you're looking for a pizza that's both



**OVEN**  
**400°F**

**TIME**  
**25 min**

**METHOD**  
**Air fryer**

**PRINT**  
**Recipe Card**

### INGREDIENTS

- 1 head cauliflower, riced
- 1 cup shredded mozzarella cheese
- 1 egg
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 1/4 cup buffalo sauce
- 1 cup cooked shredded chicken
- 1/4 cup ranch dressing
- 1 tbsp fresh dill, chopped

### DIRECTIONS

1. Preheat oven to 400°F. Line a baking sheet with parchment paper.
2. In a bowl, combine cauliflower rice, mozzarella, egg, garlic powder, and salt. Mix until well incorporated.
3. Press mixture into a flat, round crust on the baking sheet. Bake for 20-25 minutes, until golden and set.
4. While crust bakes, mix buffalo sauce with shredded chicken in a small bowl.
5. Spread the buffalo chicken evenly over the baked crust and return to oven for 10 minutes.
6. In another small bowl, combine ranch dressing and chopped dill.
7. Once pizza is baked, drizzle the dill ranch over the top.
8. Slice and serve immediately!

### SWAPS & NOTES

**Buffalo sauce :** Use your favorite brand or make it homemade with hot sauce and butter.

**Dill ranch :** If you don't have fresh dill, dried dill works-just use 1 tsp.

**Chicken :** Rotisserie chicken saves time, or sub in crispy tofu for a vegetarian version.

**Crust tip :** Be sure to squeeze out excess moisture from the cauliflower after ricing to get a crispier base.

### TIPS FOR SUCCESS

Use a clean kitchen towel or cheesecloth to wring out cauliflower thoroughly before mixing.

If using frozen cauliflower rice, defrost first and squeeze out all the moisture.

For a crunchier crust , bake on a pizza stone or flip the crust halfway through baking.

Let the pizza cool for 5 minutes before slicing for best structure.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/baked-cauliflower-crust-pizza-with-buffalo-chicken-dill-ranch/>