

Mini Eggplant Pizzas

PREP TIME

35 min

TOTAL TIME

75 min

Nutrition Information Per Serving

Makes 6 servings

FAT

9g

PROTEIN

7g

CARBS

7g

CALORIES

137

Note: Nutrition info includes alfredo sauce, does not include pepperoni.

Ingredients

1 medium eggplant, cut into slices about ½ inch thick (~12 slices)

1 Tbsp olive oil

1 tsp seasonings of choice (oregano, garlic powder, onion powder, basil work well — choose two, ½ tsp each)

Salt and pepper to taste

½ cup alfredo sauce or low sugar tomato sauce

1 cup mozzarella cheese

3 Tbsp parmesan cheese

12 basil leaves

24 slices pepperoni (optional)

Instructions

1. Preheat oven to 425 degrees F.
2. Sprinkle salt on eggplant slices and place on paper towel to drain out extra moisture. Let sit for 20-30 minutes.
3. Brush olive oil over tops of eggplant slices and sprinkle with seasonings of choice, salt, and pepper.
4. Bake for 10-15 minutes and turn over, baking 10-15 minutes more on the opposite side until slightly browned and tender.
5. Remove from oven and top with 2 tsp sauce of choice, 1 heaping Tbsp mozzarella cheese, a sprinkle of parmesan, and 2 pepperoni slices (if using).
6. Return to oven for another 10-15 minutes until cheese is bubbly.
7. Top pizza round with one basil leaf to garnish.

Pro Tip:

Switch up the toppings to make your favorite pizza!