

Mini Eggplant Pizzas

PREP TIME TOTAL TIME

35 min 75 min

Nutrition Information Per Serving

Makes 6 servings

FAT	PROTEIN	CARBS	CALORIES
9g	7g	7g	137

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

Ingredients

1	medium	eggplant,	cut into	slices	about ⅓	inch	thick	(~12 slices	5)
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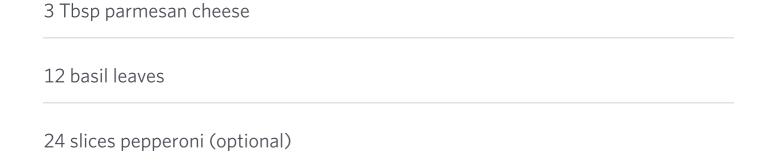
1 Tbsp olive oil

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

Salt and pepper to taste

 $\frac{1}{2}$ cup alfredo sauce or low sugar tomato sauce

1 cup mozzarella cheese



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!