



Mini Eggplant Pizzas

4 servings

30 minutes

Ingredients

- 1 Eggplant (medium)
- 1/4 cup Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 3/4 cup Tomato Sauce
- 1/2 tsp Oregano
- 4 1/3 ozs Mozzarella Ball (grated)
- 1/2 tsp Red Pepper Flakes (Optional)
- 2 tbsps Basil Leaves (finely chopped)

Nutrition

Amount per serving	
Calories	259
Fat	21g
Saturated	6g
Trans	0g
Polyunsaturated	2g
Monounsaturated	12g
Carbs	11g
Fiber	5g
Sugar	7g
Protein	9g
Cholesterol	25mg
Sodium	160mg
Potassium	484mg
Vitamin A	608IU
Vitamin C	7mg
Calcium	181mg
Iron	1mg
Vitamin D	5IU
Vitamin E	3mg
Vitamin K	21µg
Thiamine	0.1mg

Directions

- 1 Cut the eggplant into equal slices about 1/2 inch thick. Generously brush each side of the eggplant with the oil and season with sea salt and black pepper.
- 2 Heat a large non-stick pan over medium heat. Cook eggplant in batches until tender and browned about 3 to 5 minutes per side.
- 3 Meanwhile, turn the broiler on high.
- 4 Transfer the browned eggplant slices to a baking sheet and top each with tomato sauce, dried oregano and shredded cheese. Broil the eggplant pizzas for 3 to 5 minutes until the cheese is melted, bubbly and browned.
- 5 Top with red pepper flakes and fresh basil. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. Reheat in the microwave or oven until warmed through.

Serving Size: One serving is approximately three eggplant pizzas.

Dairy-Free: Use a dairy-free shredded cheese instead.

More Flavor: Add minced garlic and Italian seasoning to the tomato sauce.

Additional Toppings: Top eggplant pizza with your favorite pizza toppings like pepperoni, bacon, olives, bell peppers or mushrooms.

Riboflavin	0.2mg
Niacin	1mg
Vitamin B6	0.2mg
Folate	38µg
Vitamin B12	0.7µg
Phosphorous	157mg
Magnesium	34mg
Zinc	1mg
Selenium	6µg