Michele Sodon

EGGPLANT PIZZA ROUNDS

ALL THE FLAVOR OF PIZZA WITHOUT THE CALORIES, CARBS, OR FAT!

NUTRITION PER SERVING:

CALORIES	115
PROTEIN	6 G
CARBOHYDRATE	16 G
TOTAL FAT	4 G

PREP TIME:	15 MINUTES
COOK TIME:	25 MINUTES

YIELD:	3 SERVINGS
SERVING SIZE:	5 PIZZA ROUNDS

INGREDIENTS:

1	LARGE EGGPLANT, SKIN ON, SLICED INTO 1/3-INCH ROUND SLICES (APPROX. 20 SLICES)
1 TSP	OREGANO
¾ C	MARINARA SAUCE (WITH APPROX. 60 CALORIES PER CUP)
½ C	CHERRY TOMATOES, SLICED
½ C	SHREDDED LOW-FAT MOZZARELLA CHEESE
¼ C	SHREDDED FRESH BASIL LEAVES
	SALT AND PEPPER, TO TASTE
	COOKING SPRAY

01 Preheat oven to 400 degrees.

02 Spray two large baking sheets with cooking spray. Set aside.

03 Arrange eggplant slices onto the baking sheets. Lightly coat the top with non-stick cooking spray and then season with oregano, salt, and pepper.

04 Bake in the oven for approximately 15 minutes, or until they just start to turn tender (be very careful to not let them become too soft).

05 Remove from the oven and spoon marinara sauce in the center of each eggplant slice and then top with sliced tomatoes, shredded basil and mozzarella cheese.

06 Put back into the oven and broil (adjust your oven temp) until the cheese has melted and is nice and bubbly, approximately 5 minutes (note, if you like your pizza cheese golden brown, leave in for a bit longer – just watch so that they don't burn). Enjoy!

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