

Eggplant Pizzas



4 servings

Prep Time: 50 min Cook Time: 30 min

- 1 eggplant, about 9-10 inches long
- 1 T. salt, for drawing water out of eggplant
- 1.5 T. olive oil
- 2 t. Italian seasoning
- 1/3 c. finely grated mozzarella cheese
- 2 t. olive oil
- 3 large garlic cloves, minced
- 1 can (14.5 oz.) petite diced tomatoes with liquid (or 2 c. peeled and diced fresh tomatoes)
- 1/2 t. Italian seasoning
- 1/4 t. dried oregano
- hot red pepper flakes (optional)

Cut off both ends of eggplant, then slice in 3/4 inch thick rounds. Put the eggplant on a double layer of paper towels and sprinkle generously with salt to draw out moisture. Preheat the oven to 375. To make the sauce, heat 2 t. olive oil and saute the garlic just until it becomes fragrant. Add the tomatoes, Italian seasoning, and oregano and let the sauce cook at a low simmer until it's thickened, breaking up the tomatoes with a fork as it cooks.

After 30 minutes, wipe the eggplant dry with paper towels (this also removes most of the salt). Spray a roasting sheet with olive oil or non-stick spray, lay eggplant slices on, brush the tops of the eggplant with olive oil, and sprinkle with Italian seasoning. Roast the eggplant about 25 minutes. After 25 minutes or when eggplant pieces are done, remove eggplant from the oven and turn oven setting to broil.

Spread a few tablespoons of sauce on the top of each eggplant slice, sprinkle with thin basil slices and top with cheese. Put pizzas under the broiler until the cheese is melted and slightly browned. Serve hot, with hot red pepper flakes if desired.

Nutrition Facts per serving

Calories 127 , Protein 4 g, Carbohydrate 6 g, Total Fat 9 g, Saturated Fat 2 g, Fiber 2 g, Sugar 5 g, Sodium 236 mg



This recipe is provided by *Eat Well*, a healthy restaurant initiative supported by PartnerSHIP 4 Health in Otter Tail County. This recipe meets national nutrition standards for healthy eating.