



PHOTO CREDIT: hmgump

Eggplant Pizzas

Source: Modified from a recipe at kaylyn's kitchen

Serving size: About 2 eggplant rounds **Servings per recipe:** 4

An unexpected twist on personal pizzas -- featuring eggplant!

Ingredients

- 1 medium eggplant (about 1 pound)
- Olive oil cooking spray
- 2 tsp dried Italian seasoning, for sprinkling on eggplant before roasting
- 1/2 tsp garlic powder, for sprinkling on eggplant before roasting
- 2 cups tomato sauce
- 3/4 cup chopped vegetables such as bell peppers, mushrooms, onions
- 1/3 cup freshly grated Parmesan cheese
- 1/3 cup finely grated low-fat mozzarella cheese
- Hot red pepper flakes (optional)
- 2 Tbsp. chopped fresh basil (optional)

Materials

Cutting board & sharp knife, measuring cups & spoons, small mixing bowls, grater, baking sheet

Directions

1. Preheat oven to 400 degrees.
2. Combine Italian seasoning and garlic powder in small bowl.
3. Cut both ends off the eggplant, and slice the eggplant into 1/2 inch thick rounds.
4. Spray a baking sheet with cooking spray, and lay eggplant slices on it. Spray top of eggplant rounds with olive oil, and sprinkle with seasoning mixture.
5. Roast the eggplant rounds in the oven for 25 minutes until browned and softened, turning rounds half way through so both sides are browned.
6. Remove eggplant from oven, and turn up oven to broil.
7. Top each eggplant round with about 3 Tbsp sauce, 1-1/2 Tbsp chopped vegetables of your choosing, 1-1/2 tsp each grated mozzarella and Parmesan cheese.
8. Broil eggplant rounds until cheese is melted and slightly brown. Top with hot pepper flakes and fresh basil, if desired.

Nutrition Facts

4 servings per container

Serving size 2 eggplant rounds

Amount Per Serving

Calories 170

% Daily Value*

Total Fat 7g	9%
Saturated Fat 2g	10%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2g	
Cholesterol 15mg	5%
Sodium 670mg	29%
Total Carbohydrate 21g	8%
Dietary Fiber 7g	25%
Total Sugars 13g	
Includes 1g Added Sugars	2%
Sugar Alcohol 0g	
Protein 8g	16%
Vitamin D 0mcg	0%
Calcium 197mg	15%
Iron 2mg	10%
Potassium 796mg	15%
Vitamin A	8%
Vitamin C	15%
Folate	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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