

Eggplant Pizzas



This recipe is an easy, family pleasing way to use up a bounty of eggplant in the summer – a fresh twist on the pizza flavor that everyone loves!

YIELD	PREP TIME	TOTAL TIME
6 SERVINGS	10 MIN	35 MIN

INGREDIENTS

For the Pizzas:

2 each	Eggplant (about 1 ½ lb), cut into ½" round slices
As needed	Nonstick Cooking Spray
½ tsp	Italian Seasoning
¼ tsp	Kosher Salt
½ cup	Mozzarella Cheese, shredded
¼ cup	Parmesan Cheese, grated or shredded
3 Tbsp	Basil, chiffonade (thin ribbons)

For the Sauce:

1 Tbsp	Olive Oil
½ each	Onion, diced
3 cloves	Garlic, minced
1 (15 oz) can	Crushed Tomatoes
1½ tsp	Italian Seasoning
¼ tsp	Kosher Salt
½ tsp	Balsamic Vinegar

CHEF'S NOTES

PRO TIP: Sauce tasting flat? Adding a little vinegar or lemon juice to a sauce at the end of cooking is a great way to boost the flavor without reaching for the salt shaker. It will help to round out and enhance all the flavors in your dish.

Serve these pizzas alone for a snack or with a simple green salad and a side of whole wheat pasta for a satisfying dinner.

Want to get this dish on the table even faster? Use your favorite jarred marinara or pesto sauce to save time!

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 400°F. Spray a sheet tray with nonstick cooking spray in an even layer.
2. Place the eggplant slices on the prepared sheet tray. Spray the eggplant slices then sprinkle the ½ tsp Italian seasoning and ¼ tsp salt evenly. Bake for 6-8 minutes, then flip and spray one more time. Return to the oven and bake until tender, about 4-6 more minutes. Remove from the oven and turn on the broiler, setting aside to cool slightly.
2. Meanwhile, make the sauce: Heat small saucepan over medium heat and add the olive oil once hot, then the onion. Sauté until lightly browned on the edges and translucent, about 2-3 minutes. Add the garlic and cook until fragrant, about 30 seconds to 1 minute. Add the crushed tomatoes, 1

½ tsp Italian seasoning and ¼ tsp salt. Simmer until thickened slightly, about 3-5 minutes. Remove from the heat, add the balsamic vinegar and stir to combine. Let cool while eggplant finishes baking.

4. Add the shredded mozzarella and grated parmesan to a small bowl and mix to combine.

5. Once the eggplant is cool enough to handle, top each slice with 1 Tbsp sauce and 1 Tbsp cheese. Place the tray under the broiler to melt the cheese.

6. Sprinkle a little fresh basil on each pizza and enjoy!

Nutrition Facts

6 servings per container

Serving Size 2-3 mini pizzas (280 g)

Amount per serving

Calories 140

% Daily Value *

Total Fat 8g 10%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 290mg 13%

Total Carbohydrate 15g 5%

Dietary Fiber 7g 25%

Total Sugars 9g

Includes 0g Added Sugars 0%

Protein 6g 12%

Vitamin D 0.05mcg 0%

Calcium 150mg 12%

Iron 0.94mg 5%

Potassium 600mg 13%

*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.

