



Veggie Pizza Bites

Servings 4 | Prep time 10 mins. | Total time 20 mins.

Equipment:

Cutting board
Baking sheet

Utensils:

Knife
Measuring spoons and cups

Ingredients

1 eggplant OR large zucchini, sliced into 1/4-inch slices
1/8 teaspoon salt
1/8 teaspoon black pepper
1/3 cup tomato sauce
3/4 cup mozzarella cheese, shredded
Non-stick spray
1/2 cup miniature pepperoni slices (optional)
Fresh basil, minced (optional)

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and produce.
2. Preheat broiler. Spray baking sheet with non-stick spray.
3. Arrange zucchini or eggplant slices in a single layer on baking sheet.
4. Broil 3-4 inches from the heating element for 2 minutes per side.
5. Remove from oven and sprinkle zucchini or eggplant with salt and black pepper. Top with tomato sauce, cheese, and pepperoni (if using).
6. Broil 3-4 minutes or until cheese is melted.
7. Remove pizzas from oven and sprinkle with basil (if using).

Nutritional Information:

Calories 110
Total Fat 4.5g
Sodium 220mg
Total Carbs 12g
Protein 7g