



# 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 large zucchini or eggplant sliced into ¼-inch slices  
1/8 teaspoon salt  
1/8 teaspoon pepper  
1/3 cup tomato sauce, no salt added  
3/4 cup shredded part-skim mozzarella cheese  
1/2 cup miniature pepperoni slices (optional)  
Minced fresh basil (optional)

## Instructions

1. Before you begin wash your hands, surfaces, utensils, and vegetables.
2. Preheat broiler. Line baking sheet with aluminum foil and/or spray with non-stick vegetable oil 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 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