



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
½ cup low sodium tomato sauce
¾ 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