

# Eggplant Pizza Rounds

**Servings:** 4

**Diet:** Vegetarian & Gluten-Free

## Ingredients

- 1 eggplant, cut into ½-inch thick slices
- 1 tablespoon oil
- ½ cup low-sodium pasta sauce
- ½ cup mozzarella cheese, shredded
- Optional: ½ teaspoon salt, toppings (vegetables, basil, oregano or Italian seasonings)

## Instructions

**STEP 1:** Preheat oven to 350°F. Sprinkle salt on top of eggplant slices and rest on a paper towel for 10-15 minutes. Pat dry and repeat on the other side.

**STEP 2:** Lightly brush both sides of the eggplant with oil, then place on a baking sheet and bake for 15 minutes or until slightly brown. Turn halfway through.

**STEP 3:** Remove from oven and top each slice with sauce, shredded cheese and other toppings, if desired.

**STEP 4:** Return to the oven and bake for 5 minutes or until cheese is melted and lightly browned.



- **Ingredient Swap:** Use low sodium tomato sauce instead of pasta sauce.
- **Nutrition Boost:** Add your favorite vegetables. Tomatoes, spinach mushrooms, bell peppers, broccoli and onions all work!
- **Did You Know?** Eggplant is rich in vitamins, minerals, antioxidants and fiber.



Per Serving: 90 Calories | 10g Carbs | 5g Sugar | 3g Fiber | 4g Fat (0g Sat Fat) | 5g Protein | 210mg Sodium  
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