Louisiana HARVEST of the MONTH

Eggplant Pizza

Home Recipe

Serves: 2
Prep Time: 15 minutes
Cook Time: 35 minutes

Ingredients

- 2 eggplants, 3" diameter, peeled and cut into 4 slices ½" thick
- 2 Tbsp olive oil flavored with 2 cloves of garlic, crushed
- 1 tsp salt
- 1/8 tsp black pepper
- 2 cups tomato sauce, extra thick, chunky
- ½ tsp dried or fresh oregano
- ¼ tsp dried or fresh basil
- 5 ounces shredded mozzarella or Monterey jack cheese

Nutrients Per Serving

Calories	370
Total Fat	23 g
Saturated Fat	8 g
Cholesterol	30 mg
Sodium	1580 mg
Carbohydrates	29 g
Dietary Fiber	11 g
Sugars	17 g
Protein	16 mg
Calcium	281 mg
Iron	4 mg
Potassium	634 mg

Cooking Instructions

1) Preheat the oven or toaster to 375 degrees F.

2) Brush both sides of the eggplant with the garlic-flavored oil and season with the salt and pepper.

3) Arrange on a baking sheet, and bake until browned and almost tender, 25 minutes, turning once. When the eggplant is golden brown, remove it from the oven and change the oven setting to broil.

4) Spoon the tomato sauce on each eggplant slice, and season with the oregano, and basil. Top with the shredded cheese and place the pizzas under the broiler until the cheese melts, about 6 minutes.

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