RECIPE

# Eggplant Pizza Snack

Cheesy, melty and topped with a dash of crunchy breadcrumbs.

Makes: 8 Servings
Prep Time: 10 minutes
Cook Time: 20 minutes

Source:
https://foodhero.org/recipes/eggplant-pizza-slices

**Small Changes, BIG Difference!**

## Ingredients

- 1 globe eggplant (peel if desired)
- 1 cup tomato pasta sauce
- ¾ cup shredded mozzarella cheese
- 2 Tablespoons bread crumbs

## Directions

1. Wash hands with soap and water.
2. Rinse fresh vegetables under running water before preparing.
3. Preheat oven to 400 degrees F. Lightly grease a baking sheet.
4. Slice eggplant into rounds about ½-inch thick. Place slices on baking sheet.
5. Top each eggplant slice with a rounded Tablespoon of sauce. Sprinkle a Tablespoon of cheese on top of sauce and ½ teaspoon bread crumbs on top of cheese.
6. Bake for 15 to 20 minutes until the cheese is melted and bread crumbs are golden brown.

## Nutrition Information

Serving Size: 1 slice

| Nutrients | Amount |
|---|---|
| Calories: | 70 |
| Total Fat: | 3g |
| Saturated Fat: | 1.5g |
| Cholesterol: | 5mg |
| Sodium: | 170mg |
| Total Carbohydrates: | 8g |
| Dietary Fiber: | 2g |
| Total Sugars: | 4g |
| Added Sugars: | 0g |
| Protein | 4g |

## Utensils Needed

- Sharp knife
- Cutting board
- Baking sheet
- Spoon
- Grater
- Measuring spoons
- Measuring cups
- Small bowl

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