

EGGPLANT PIZZAS



When trying to introduce new foods, one of the best ways you can make them appealing is to combine it with a familiar food. Using eggplant as a “pizza crust” is a great way to get this fiber-rich vegetable onto your table! Eggplant and tomato is also a delicious flavor combination! Small-to-medium sized eggplants may work better, as they are typically more tender and have fewer seeds.



Modified from FoodTalk.org

Make your own sauce!

For a recipe like this, you can make a quick sauce with just a few ingredients! For the no-cook version, combine 8 oz. crushed tomatoes, 1.5 tsp Italian seasoning, 1/2 tsp garlic powder and a dash of black pepper. For more hands-on cooking, add 2 tsp of olive oil and 2 tsp minced garlic to a pan and sauté until fragrant. Add 1 tsp Italian seasoning and 1/4 tsp of pepper. Cook at a low simmer, stirring frequently, until it thickens (10 minutes or so), adding 1-2 Tbsp. of water if it gets too thick.

Ingredients

- 1 globe eggplant (~9-10 inches long)
- 1 cup spaghetti sauce
- 1/2 cup grated Parmesan cheese
- 1/2 cup part-skim mozzarella cheese
- Cooking spray
- Other toppings, as desired

Directions

1. Your first step is always wash your hands and rinse all produce you're going to be using.
2. Preheat oven to 400 degrees F.
3. Slice eggplants into rounds, about 1/2 inch thick. If they're too thin, it'll get soggy.
4. Spray baking sheet with non-stick cooking spray and arrange eggplant in a single layer on sheet.
5. Top each eggplant round with 1-2 Tbsp. of sauce. Eggplants are wider at the bottom and skinnier at the top, so adjust accordingly!
6. Combine two cheeses in a small bowl. Sprinkle 2 Tbsp. of cheese on each round.
7. Bake for 15-20 minutes until cheese is melted and golden brown. Eggplant should still be firm enough to pick up. Eat as rounds or cut into mini “slices”!