



Lifestyle Wellness Academy

NUTRITION PER SERVING:

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| CALORIES | 115 |
| PROTEIN | 6 G |
| CARBOHYDRATE | 16 G |
| TOTAL FAT | 4 G |

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| PREP TIME: | 15 MINUTES |
| COOK TIME: | 25 MINUTES |

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| YIELD: | 3 SERVINGS |
| SERVING SIZE: | 5 PIZZA ROUNDS |

INGREDIENTS:

1 LARGE EGGPLANT, SKIN ON, SLICED INTO 1/3-INCH ROUND SLICES (APPROX. 20 SLICES)

1 TSP OREGANO

¾ C MARINARA SAUCE (WITH APPROX. 60 CALORIES PER CUP)

½ C CHERRY TOMATOES, SLICED

½ C SHREDDED LOW-FAT MOZZARELLA CHEESE

¼ C SHREDDED FRESH BASIL LEAVES

SALT AND PEPPER, TO TASTE

COOKING SPRAY



EGGPLANT PIZZA ROUNDS

ALL THE FLAVOR OF PIZZA WITHOUT THE CALORIES, CARBS, OR FAT!

- 01 Preheat oven to 400 degrees.
- 02 Spray two large baking sheets with cooking spray. Set aside.
- 03 Arrange eggplant slices onto the baking sheets. Lightly coat the top with non-stick cooking spray and then season with oregano, salt, and pepper.
- 04 Bake in the oven for approximately 15 minutes, or until they just start to turn tender (be very careful to not let them become too soft).
- 05 Remove from the oven and spoon marinara sauce in the center of each eggplant slice and then top with sliced tomatoes, shredded basil and mozzarella cheese.
- 06 Put back into the oven and broil (adjust your oven temp) until the cheese has melted and is nice and bubbly, approximately 5 minutes (note, if you like your pizza cheese golden brown, leave in for a bit longer – just watch so that they don't burn). Enjoy!