



#EATBETTER

EGGPLANT PIZZAS

FOLLOW US



LiveWellAlabama.com

TIPS

Try the recipe with your favorite pizza toppings.

To pick a good eggplant, lightly press a finger against the skin. If it leaves an imprint, the eggplant is ready.



Want to see the finished product?
Scan the code to see how it's done.



This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP. USDA is an equal opportunity provider and employer. Livewellalabama.com. The Alabama Cooperative Extension System (Alabama A&M University and Auburn University) is an equal opportunity educator and employer. Everyone is welcome! Please let us know if you have accessibility needs. New May 2021, FCS-2525 ©2021 by the Alabama Cooperative Extension System. All rights reserved. www.aces.edu

EGGPLANT PIZZAS

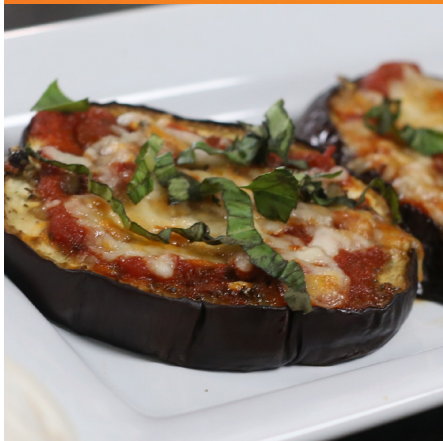
SERVES 8

INGREDIENTS

Cooking spray
1 large eggplant, sliced
Salt, to taste
3 cloves garlic, minced
1 tablespoon olive oil
1 teaspoon Italian seasoning
1 cup marinara or pizza sauce
1 cup mozzarella cheese, shredded

DIRECTIONS

1. Preheat oven to 400 degrees. Line baking sheet with aluminum foil. Spray with cooking spray.
2. Lay eggplant slices flat on baking sheet. Season eggplant with salt.
3. In small bowl, combine garlic, oil, and Italian seasoning. Brush mixture onto top of eggplant slices.
4. Bake 15 minutes.
5. Remove eggplant from oven and top each slice with 1 tablespoon marinara or pizza sauce, and sprinkle each slice with cheese.
6. Bake another 10 minutes or until cheese is melted.



| Side Dish/Snack |