

Mini Eggplant Pizzas

Ingredients:

- 1 eggplant-3 inches in diameter peeled and cut into 4 half-inch thick slices
- 4 teaspoons olive oil
- 1/2 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1/4 cup pasta or pizza sauce
- 1/2 cup shredded part-skim mozzarella cheese

Directions:

1. Preheat Oven to 425 degrees.
2. Brush both sides of eggplant with the oil and season with salt and pepper. Arrange on a baking sheet and bake until browned and almost tender, 6-8 minutes turning once.
3. Spread 1 tablespoon of sauce on each eggplant slice. Top with the shredded cheese.
4. Bake until the cheese melts, 3-5 minutes.. Serve hot.

840 Calories, 33 carbs, 74g fat, 22g protein, 300 mg sodium, 19g sugar