**EGGPLANT PIZZA**



**INGREDIENTS**

1 large eggplant

Olive oil

1 cup Pizza sauce

1 ½ cups Mozzarella cheese

Pepperoni

Salt

Pepper

**INSTRUCTIONS**

1. Preheat oven to 350F. Meanwhile…
2. Wash eggplant and slice of the top with leaves. You slice off the skin or leave it on. Slice eggplant into ½ inch slices. You should have 10 or more slices. Lay them flat on a baking sheet covered with parchment paper.
3. Lightly brush on olive oil and sprinkle with salt and pepper.
4. Spoon pizza sauce on top of eggplant slices and spread it around just like you would with a regular pizza crust.
5. Sprinkle on your mozzarella cheese and add whatever pizza toppings you desire.
6. Bake the eggplant pizzas for approximately 20 minutes or until cheese is melted and toasted slightly.
7. Garnish with some parmesan and red pepper flakes if you like.
8. Enjoy!

**WHY EGGPLANT?**

Why not? It’s a great substitute for that pizza dough we all love but can’t eat every day. Now you can eat pizza guilt free! Eggplant is healthy and low in calories unlike other alternative pizza crusts. Plus, eggplants are a rich source of vitamin C, vitamin K, vitamin B6, thiamin, niacin, magnesium, phosphorous, copper, dietary fiber, folic acid, potassium, and manganese. Eggplant is great for improving blood circulation, controlling high blood pressure, lowering bad cholesterol, relieving stress, preventing blood clots, and strengthening capillaries.