

# Eggplant Pizza Snack

Cheesy, melty and topped with a dash of crunchy breadcrumbs.

Makes: 8 Servings  
 Prep Time: 10 minutes  
 Cook Time: 20 minutes

Source:  
<https://foodhero.org/recipes/eggplant-pizza-slices>

## Ingredients

- 1 globe eggplant (peel if desired)
- 1 cup tomato pasta sauce
- ¾ cup shredded mozzarella cheese
- 2 Tablespoons bread crumbs

## Directions

1. Wash hands with soap and water.
2. Rinse fresh vegetables under running water before preparing.
3. Preheat oven to 400 degrees F. Lightly grease a baking sheet.
4. Slice eggplant into rounds about ½-inch thick. Place slices on baking sheet.
5. Top each eggplant slice with a rounded Tablespoon of sauce. Sprinkle a Tablespoon of cheese on top of sauce and ½ teaspoon bread crumbs on top of cheese.
6. Bake for 15 to 20 minutes until the cheese is melted and bread crumbs are golden brown.



Small Changes,  
 BIG Difference!



### Nutrition Information

Serving Size: 1 slice	
Nutrients	Amount
Calories:	70
Total Fat:	3g
Saturated Fat:	1.5g
Cholesterol:	5mg
Sodium:	170mg
Total Carbohydrates:	8g
Dietary Fiber:	2g
Total Sugars:	4g
Added Sugars:	0g
Protein	4g

### Utensils Needed

- Sharp knife
- Cutting board
- Baking sheet
- Spoon
- Grater
- Measuring spoons
- Measuring cups
- Small bowl



# SHOPPING LIST

Average total cost without oil and seasonings: \$9.46

Average cost/serving: \$1.18

Makes: 8 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 1 to Cart  
Globe eggplant



Add 1 to Cart  
Tomato sauce, 28 oz can



Add 1 to Cart  
Mozzarella cheese



Add 1 to Cart  
Bread crumbs

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Chef's Notes

- Refrigerate leftovers within 2 hours.
- Serve as a side dish or snack, or in a sandwich.
- Make in an electric skillet set to 375 degrees F. Cover with lid while cooking.

### Similar Recipes

- Rice Crusted Pizza
- Vegetable Lasagna

