

EGGPLANT PIZZAS

466 Calories per Serving | Makes 4 Servings

Prep time: 20 min | Cook time: 20 min

INGREDIENTS

2 Eggs

1 cup Whole Wheat Flour

½ tsp Salt

¼ tsp Ground Black Pepper

½ tsp Dried Oregano

1 Large Eggplant (sliced into ½ inch rounds)

¼ cup Olive Oil

14 oz can Low Sodium Pizza Sauce

Shredded Mozzarella Cheese

1-2 Jalapenos, diced

Fresh Basil Leaves

DIRECTIONS

1. Preheat oven to 350 degrees F
2. Beat the eggs in a bowl. Mix the flour, salt, pepper, and oregano in a 1 gallon resealable plastic bag. Dip each eggplant slice in the egg, then drop the eggplant in the flour mixture, shaking the bag to coat the eggplant.
3. Heat the olive oil in a large deep skillet over medium heat. Place the eggplant slices in the skillet to cook, turning occasionally, until evenly browned. Drain the eggplant slices on a paper towel lined plate. Arrange the eggplant in one layer on a baking sheet. Spoon enough pizza sauce to cover each eggplant slice. Top each eggplant with mozzarella cheese, diced jalapenos, and hand torn basil leaves.
4. Bake in the preheated oven until the mozzarella cheese is melted, 5-10 minutes.

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SHOPPING LIST

1 large Eggplant

Carton of Eggs

Bag of Whole Wheat Flour

Himalayan Pink Sea Salt

Ground Black Pepper

Dried Oregano

Olive oil

14 oz can Low Sodium Pizza Sauce

8 oz bag Shredded Mozzarella Cheese

1-2 Jalapenos

Fresh Basil Leaves