



BOD BY TODD

Fitness Coaching

"Don't Be Average, Be Fit"



NUTRITION PER SERVING:

CALORIES	115
PROTEIN	6 G
CARBOHYDRATE	16 G
TOTAL FAT	4 G

PREP TIME:	15 MINUTES
COOK TIME:	25 MINUTES

YIELD:	3 SERVINGS
SERVING SIZE:	5 PIZZA ROUNDS

INGREDIENTS:

1 LARGE EGGPLANT, SKIN ON, SLICED INTO 1/3-INCH ROUND SLICES (APPROX. 20 SLICES)

1 TSP OREGANO

¾ C MARINARA SAUCE (WITH APPROX. 60 CALORIES PER CUP)

½ C CHERRY TOMATOES, SLICED

½ C SHREDDED LOW-FAT MOZZARELLA CHEESE

¼ C SHREDDED FRESH BASIL LEAVES

SALT AND PEPPER, TO TASTE

COOKING SPRAY

EGGPLANT PIZZA ROUNDS

ALL THE FLAVOR OF PIZZA WITHOUT THE CALORIES, CARBS, OR FAT!

- 01 Preheat oven to 400 degrees.
- 02 Spray two large baking sheets with cooking spray. Set aside.
- 03 Arrange eggplant slices onto the baking sheets. Lightly coat the top with non-stick cooking spray and then season with oregano, salt, and pepper.
- 04 Bake in the oven for approximately 15 minutes, or until they just start to turn tender (be very careful to not let them become too soft).
- 05 Remove from the oven and spoon marinara sauce in the center of each eggplant slice and then top with sliced tomatoes, shredded basil and mozzarella cheese.
- 06 Put back into the oven and broil (adjust your oven temp) until the cheese has melted and is nice and bubbly, approximately 5 minutes (note, if you like your pizza cheese golden brown, leave in for a bit longer – just watch so that they don't burn). Enjoy!