

Recipe of the Month – August 2024

Veggie Pizza Bites

Serves: 4

Serving Size: 3-4 mini pizzas

Cost per Serving: \$0.70

Ingredients:

1 eggplant OR large zucchini, sliced into 1/4 inch slices

1/8 teaspoon salt

1/8 teaspoon black pepper

1/3 cup tomato sauce

3/4 mozzarella cheese, shredded

non-stick spray

1/2 cup miniature pepperoni slices (optional)

Fresh basil, minced (optional)



Directions:

1. Preheat broiler. Spray baking sheet with non-stick spray.
2. Arrange zucchini or eggplant slices in a single layer on the baking sheet.
3. Broil 3 to 4 inches from the heating element for 2 minutes per sides.
4. Remove from oven and sprinkle zucchini or eggplant with salt and black pepper.
5. Top with tomato sauce, cheese, and pepperoni (if using).
6. Broil for 3 to 4 minutes or until cheese is melted.
7. Remove pizzas from oven and sprinkle with basil (if using).

Nutrition Facts per Serving: 110 calories, 4.5g total Fat (2.46g sat. fat),

15mg.Cholesterol, 220mg Sodium, 12g Carbohydrates, 5g Fiber, 7g Sugar, 7g Protein

Recipe compliments of Ohio SNAP-Ed (Ohio State Extension) Celebrate Your Plate 2024 Calendar



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