



Eggplant Pizza

Kitchen Creations

Ingredients

- Eggplant
- Mozzarella cheese – shredded
- Tomato sauce (fresh or canned)
- Olive oil
- Salt and pepper

Directions

1. Wash eggplant and cut into circular piece. Sprinkle with salt and let sit for 20- 30 minutes, extracting the excess water
2. After 20-30 minutes, pat the eggplant dry with a paper towel
3. Preheat oven to 425 degrees
4. Brush olive oil on both sides of the eggplant and sprinkle with salt and pepper
5. Top eggplant with sauce and cheese and bake for 6-8 minutes, until eggplant is tender and cheese is melted
6. Enjoy!

Tips for the Kids

- Have your children help by blotting the eggplant dry and topping their own eggplant with sauce and cheese.
- If you make your own sauce, be sure to have them help measure the ingredients and mix. This is good for math skills and gross motor activity.

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