

# FUSION

## FITNESS STUDIO



### NUTRITION PER SERVING:

<b>CALORIES</b>	115
<b>PROTEIN</b>	6 G
<b>CARBOHYDRATE</b>	16 G
<b>TOTAL FAT</b>	4 G

<b>PREP TIME:</b>	15 MINUTES
<b>COOK TIME:</b>	25 MINUTES

<b>YIELD:</b>	3 SERVINGS
<b>SERVING SIZE:</b>	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!