

# Sweet Eggplant Parm Pizzetta

Pizzetta with pizza sauce, roasted eggplant, plum tomato, vegan mozzarella, crispy panko & fresh oregano

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**PREP TIME: 10 TO 12 MINUTES** | **COOK TIME: 18 TO 22 MINUTES** | **YIELD: 4 SERVINGS; 1 PIZZETTA EACH**



## Pizza Sauce:

### Ingredients

- 1 cup no added salt diced tomatoes
- 1/4 teaspoon peeled and finely chopped fresh garlic cloves
- 1/8 teaspoon finely chopped fresh oregano or 1 pinch dried oregano leaves
- 1/8 teaspoon onion powder
- 1 small basil leaf, thinly sliced or 1/4 teaspoon of dried basil leaves
- 1 pinch ground black pepper
- 1 pinch crushed red pepper flakes

## Roasted Eggplant Rings:

### Ingredients

- 10 ounces fresh eggplant (about half an eggplant), cut in half lengthwise, then thinly sliced crosswise
- 2 teaspoon canola oil

## Sweet Eggplant Parm Pizzetta:

### Ingredients

- 4 whole wheat flatbreads, approximately 4-inch x8-inch or whole grain pocketless Greek pita or whole grain naan
- 1 cup diced fresh plum tomatoes
- 1 cup shredded vegan mozzarella cheese or part skim mozzarella cheese
- 1/4 cup panko breadcrumbs

- 2 teaspoons fresh oregano leaves or 1 teaspoon dried oregano leaves

### To Prepare Pizza Sauce:

1. In a blender, pulse tomatoes lightly to crush. Transfer to a bowl.
2. Combine all ingredients until well-blended. Cover, and place in refrigerator until ready to use.

### To Prepare Roasted Eggplant Rings:

1. Place eggplant slices in a mixing bowl with oil. Toss to evenly coat.
2. Place eggplant in a single layer on a parchment paper lined sheet tray. Do not overcrowd.
3. Place in a preheated 450-degree Fahrenheit standard oven (400-degree Fahrenheit convection oven). Roast for 8 to 10 minutes until eggplant has browned but is still firm to the touch. Allow to cool slightly before using.

### To Prepare Spicy Chipotle Chicken Pizzetta:

1. Preheat convection oven to 350 degrees Fahrenheit (or standard oven to 400 degrees Fahrenheit).
2. Evenly spread  $\frac{1}{4}$  cup pizza sauce to  $\frac{1}{4}$ -inch from the edge of each flatbread.
3. In order, evenly top with:
  - $\frac{1}{4}$  cup diced tomato
  - $\frac{1}{4}$  cup shredded cheese
  - 1 Tablespoon panko breadcrumbs.
4. Place in preheated oven. Bake for 10 to 12 minutes or until cheese is melted.
5. Evenly top cooked pizzetta with  $\frac{1}{2}$  teaspoon chopped fresh oregano.
6. Cut as desired. Enjoy immediately!

NOTE: Do not pile ingredients in center but concentrate on spreading towards outside edges.

*Nutrition Facts: Calories: 350, Carbs: 55g, Protein: 9g, Fat: 11g, Sat. Fat: 4g, Cholesterol: 0mg, Fiber: 14g*

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