



# Eggplant Pizza Rounds

w/ Spinach, Kale, Mushrooms, Marinara Sauce, and Mozzarella Cheese



Featured Greenhouse Ingredients:  
Eggplant, Parsley, Garlic, Baby Spinach and Kale.



## INGREDIENTS

- 1 eggplant, sliced into ½-inch rounds
- Sea salt
- Extra virgin olive oil
- 6 ounces sliced white mushrooms
- 2 cups fresh spinach and kale, combined, finely chopped
- ½ tsp parsley & ½ tsp dill
- 2 garlic cloves minced
- 1 cup marinara sauce, homemade or store-bought
- 10 oz fresh shredded mozzarella

Transform your pizza night with these delectable Eggplant Pizza Rounds—a delightful, healthy twist on traditional pizza that kids will absolutely love! Fresh eggplant rounds are oven-roasted to a tender, flavorful perfection, serving as the perfect base for a delicious array of toppings.

Each bite is layered with a vibrant mix of spinach and kale, adding a burst of green goodness, while savory mushrooms bring an earthy depth. A rich, zesty marinara sauce forms a tasty foundation, topped off with a generous sprinkle of gooey mozzarella cheese that melts into a golden, bubbly perfection.

These mini pizza rounds are not only a fun and nutritious alternative but also a surefire way to sneak in veggies without sacrificing taste. Serve them as a main course or a snack and watch as they become a family favorite that proves healthy can be irresistibly delicious!

## NOTES

- It's important to slice the eggplant into thicker rounds (about ½-inch slices) so that they do not burn in the oven and also so that they provide a sturdy base for your toppings.
- All of our recipes are sugar-free and gluten free!
- \*sourced from the Greenhouse Garden



## DIRECTIONS

1. Heat the oven to 425°F.
2. Season the eggplant with sea salt on both sides (approx. 1 teaspoon).
3. Prepare a large sheet pan and brush it with extra virgin olive oil. Arrange the eggplant slices in one single layer. Brush the top of each eggplant slice generously with extra virgin olive oil.
4. Bake on the middle rack of your heated oven for about 15 to 20 minutes or until the eggplant has softened, turning over halfway through.
5. Meanwhile, in a skillet, heat about 1 tbsp extra virgin olive oil. Cook the mushrooms over medium-high heat for about 5 minutes, tossing regularly until they gain some color. Still in the skillet, add spinach/kale briefly until it wilts. Season with a little bit of sea salt. Add parsley, dill, and minced garlic.
6. When the eggplant is ready, take it out of the oven and top each eggplant slice with 1 tablespoon of marinara sauce and fresh shredded mozzarella.
7. Turn the oven to broil and return the sheet pan to the oven. Broil very briefly watching for the cheese to melt (1 to 2 minutes).
8. Remove the eggplant from the oven. Arrange the mushroom, spinach, kale, and spices mixture over the eggplant slices. Enjoy!

