lostofit
FIND YOUR STRENGTH

EGGPLANT PIZZA

EGG PLANT
PAPER TOWELS
SALT
OLIVE OIL
GARLIC
OREGANO
ITALIAN DRESSING MIX (DRY)
DICED TOMATOES
BASIL LEAVES (OPTIONAL)
CRUSHED RED PEPPER (OPTIONAL)
MOZZARELLA CHEESE
PARMESAN CHEESE
CUT EGG PLANTS ABOUT 3 TO 4 INCHES THICK
SALT THEM (WAIT 30 MINUTES)
TAKE A PAPER TOWEL AND PAT EACH DOWN
STACK EGGPLANTS ON BROILER PAN
TAKE A LITTLE OLIVE OIL AND PLACE ON EACH ONE
ADD SEASONING (MRS. DASH WILL WORK)
SET OVEN TO 375 DEGREES
PUT EGG PLANT IN OVER FOR 25 MINUTES
THE SAUCE:
COVER PAN WITH EXTRA VIRGIN OLIVE OIL
TAKE A GENEROUS AMOUNT OF GARLIC
SPREAD EACH THROUGHOUT THE PAN
ADD 1 CAN OF DICED TOMATOES
ADD 1 PACKET OF ITALIAN DRY SEASONING
ADD OREGANO
MAKE SURE TO ADD WATER IF SAUCE STARTS TO THICKEN TO MUCH

TAKE EGG PLANT OUT OF OVEN

DISTRIBUTE SAUCE ON EACH ONE

ADD BOTH THE MOZZARELLA AND PARMESAN TO EACH ONE

PUT BACK IN THE OVEN FOR AROUND 2 MINUTES JUST TO MELT THE CHEESE

SERVE AND ENJOY!