

Eggplant Pizza



Entree				Vegetables	
Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Olive oil		30 Tbsp		60 Tbsp	1. Preheat the oven to 425 F° 2. Finely chop the garlic and add 2/3 of it to 2/3 of the olive oil. Set aside and allow to "steep" for several minutes.
Garlic, raw		30 cloves		60 cloves	
Diced tomatoes, no salt added, canned	160 oz		320 oz		3. Make the sauce: heat the remaining Tbsp of olive oil in a saucepan. Over low heat, sauté the remaining garlic until fragrant, 30 seconds to a minute. Add the diced tomatoes, basil, and oregano. 4. Increase the heat to medium until the mixture is almost bubbling, then turn down to low and simmer uncovered for 12 to 15 minutes to allow the sauce to thicken, breaking up the tomatoes with a fork as it cooks. Add 1 Tbsp of water at a time if it becomes too thick. CCP: Heat to 135° F or higher. CCP: Hold for hot service at 135° F or higher
Basil, fresh		5 tsp, chopped		10 tsp, chopped	
OR		OR		OR	
Basil, dried		1 2/3 tsp		3 1/3 tsp	
Oregano, dried		5 tsp, ground		10 tsp, ground	
Eggplant, raw, unpeeled	12.5 lbs (10 each at 1.25 lb)		25 lbs (20 each at 1.25 lb)		5. Cut off both ends of the eggplants and cut into equal ½ inch thick rounds. Do not peel. Brush both sides of the eggplant with the garlic-flavored oil. Arrange on a baking sheet. 6. Bake until browned and almost tender, 8 to 10 minutes, turning once halfway through. 7. When both sides of the eggplant are browned and tender, remove from the oven.
Mozzarella cheese, lite, shredded	4 lbs		8 lbs		8. Spread a few tablespoons of the tomato sauce on top of each round. Top with cheese.

			<p>9. Set oven to broiler setting.</p> <p>10. Place the sheets on the highest rack and broil for a few minutes until the cheese starts to melt and slightly brown. Serve hot, garnish with red pepper flakes or fresh herbs</p>
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SERVING	YIELD	VOLUME
1 serving provides ¼ ounce equivalent of meat/meat alternate and ½ cup vegetable	50 Servings: 50 (0.3 lb) eggplant rounds	50 servings: 3 sheet pans
	100 servings: 100 (0.3 lb) eggplant rounds	100 servings: 6 sheet pans

Nutrients Per Serving: 1 eggplant round (0.3 lb)					
Calories	199	Cholesterol	12.96 mg	Iron	*0.95* mg
Protein	11.03 g	Vitamin A	*417.32* IU	Calcium	*31.18* mg
Carbohydrates	12.20 g	Vitamin C	*12.07* mg	Sodium	234.25 mg
Total Fat	12.21 g	Sugars	*6.11* g	Dietary Fiber	4.15 g
Saturated Fat	3.75 g				

* - denotes combined nutrient totals with either missing or incomplete nutrient data



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