"Low Carb Eggplant Pizza"

**Egg Free
Soy Free
Nut Free
Gluten-Free**

Total Time:	40 minutes
Servings:	4
One Serving:	3 pizzas

These eggplant pizzas have all the classic flavors of a real pizza without all the carbs. Opt for spicy Italian sausage if you like the heat! Serve these mini pizzas with a green salad on the side to complete the meal.
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Nutrition Information:
Per Serving

Calories	214 calories
Total Fat	14.4 grams
Saturated Fat	4.6 grams
Fiber	3.7 grams
Sodium	453 milligrams
Cholesterol	32 milligrams
Carbohydrates	10.7 grams
Protein	12.1 grams
Sugar	6 grams
Potassium	491 milligrams

Ingredients:

- 1 pound eggplant, unpeeled, cut crosswise into ½-inch thick slices
- ⅛ teaspoon kosher salt
- 2 tablespoons extra-virgin olive oil
- ¼ teaspoon ground pepper
- 2½ ounces mild or hot Italian turkey sausage, casing removed
- 1 cup sliced fresh cremini mushrooms
- ⅓ cup reduced-sodium marinara sauce
- 1 cup shredded part-skim mozzarella cheese
- 2 tablespoons chopped fresh basil or small basil leaves

Preparation:

1. Preheat oven to 375 degrees F.
2. Sprinkle eggplant slices with salt; place on a paper towel-lined plate and let stand for 10 minutes. Pat with a paper towel to remove excess moisture.
3. Brush both sides with oil and sprinkle with pepper; place in a single layer on a parchment-paper-lined rimmed baking sheet.
4. Bake until tender and lightly browned, 18 to 20 minutes.
5. Remove from oven. Increase oven temperature to broil with rack about 6 inches from heat.
6. Meanwhile, heat a medium nonstick skillet over medium-high. Add sausage and mushrooms and cook, stirring often, until the sausage is no longer pink and the mushrooms are tender and browned, about 6 minutes. Set aside.
7. Spread marinara evenly over the eggplant slices (1½ to 2 teaspoons each).
8. Divide the sausage mixture evenly among the slices and sprinkle evenly with cheese. Broil until the cheese is melted and browned, about 3 minutes. Sprinkle with basil and serve immediately.

Source: Low Carb Eggplant Pizza