

Eggplant pizza (low carb)

Serves 4

Ingredients:

Eggplant	1 kg
Olive oil	1/3 cup
Garlic cloves, minced	2
Onion, finely chopped	120g
Ground beef(or turkey)	350g
Tomato sauce	¾ cup
Organo fresh, chopped	¼ cup
Mozzarella cheese, shredded	285g
Black pepper	½ tsp

TIP:

basil, Thai basil or
parsley can be
substituted for oregano.

Carb: 13g



Method:

1. Slice the eggplants lengthwise, about ⅓–½ inches (1 cm) thick. Coat with olive oil on both sides and place on a baking sheet lined with parchment paper. Bake for about 20 minutes or until slightly browned.
2. Meanwhile, fry garlic and onion in remaining olive oil until softened, about 3-4 minutes.
3. Add beef and sauté until cooked through. Add tomato sauce and season with black pepper. Simmer for 10 minutes or until warmed through.
4. Remove the eggplant slices from the oven and spread the meat mixture on top. Sprinkle with cheese and oregano. Place in the oven for about 10 minutes or until the cheese has melted.
5. serve with a green salad dressed with olive oil.

Preheat oven: Bake at 400 F (200 C)

Bake pizza in oven for 18 to 20 minues

A low carb diet is one that limits carbohydrates, primarily found in sugary foods, pasta, and bread. Instead of eating carbs, you focus on protein-rich whole foods and vegetables.