

Low-Point Eggplant Mozzarella

Ingredients: (for one serving)

- 1 Tbs olive oil (if you need additional oil, use Pam cooking spray with olive oil)
- Thinly sliced eggplant
- 2 oz. fresh mozzarella, thinly sliced, divided
- Thinly sliced tomatoes
- salt and pepper (or your favorite seasoning to taste)
- 1, Italian steak rolls (I used Maier's brand)
- 1 to 2 Tbs Pizza sauce (any brand/flavor)
- fresh basil, chopped

Heat olive oil over high heat in a skillet. Place sliced eggplant in skillet and season with salt and pepper. Turn down heat to medium-high and saute' eggplant on both sides for just a few minutes. Remove skillet from heat. Place sliced tomato and sliced mozzarella on eggplant and cover, so the mozzarella will melt. Open steak roll and toast. Cut each half of the roll in half again (each roll equaling 4 servings). Place an eggplant/tomato/mozzarella on top of each roll, spoon 1 to 2 Tbs pizza sauce over the top and add fresh basil. Enjoy!

Total servings - 4 (one whole steak roll)

Serving size - 1

Points per servings - 2

Points plus per serving - 2.5

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"It's ok to dwell on dreams, but don't forget to live." - Anonymous