



# Hungry Grilled Veggie Pizzas



1/4th of recipe (1 mini pizza): 128 calories, 5g total fat (2g sat. fat), 319mg sodium, 15g carbs, 3.5g fiber, 3g sugars, 7.5g protein

**Prep:** 15 minutes    **Cook:** 15 minutes

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## Ingredients

- Two 3/4-inch-thick eggplant slices (cut widthwise from the center of an eggplant)
- 1/2 medium red bell pepper, stem and seeds removed
- 1 1/2 tsp. olive oil
- Dash each salt and black pepper
- 1/3 cup canned crushed tomatoes
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 1/2 tsp. Italian seasoning
- 2 [Flatout Hungry Girl Exclusive Traditional White Foldit Flatbreads](#)
- 1/2 cup shredded part-skim mozzarella cheese
- 1 tbs. finely chopped fresh basil

## Directions

Lightly brush veggies with olive oil, and sprinkle with salt and black pepper.

Bring a grill sprayed with nonstick spray to medium-high heat. With the grill cover down, grill veggies for 5 minutes.

Meanwhile, in a medium bowl, combine crushed tomatoes, garlic powder, onion powder, and Italian seasoning. Mix well.

Flip veggies. With the grill cover down, grill for 4 more minutes.

Add flatbreads to the grill, alongside the veggies. Cook, uncovered, for 2 minutes, or until flatbreads are toasted and veggies are tender.

Reduce grill to medium heat.

Remove flatbreads and veggies. Once cool enough to handle, roughly chop veggies.

Evenly spread seasoned tomatoes over each flatbread, leaving a 1/2-inch border. Top with cheese and veggies.

With the grill cover down, grill flatbreads until cheese has melted and flatbreads are crispy, about 2 minutes.

Top with basil. Cut flatbreads in half.

### MAKES 4 SERVINGS

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