



# Be Heart Smart \*

## 'Move More' Tip of the Day

When on a phone call, instead of sitting, stand or walk around.

## Veggie Pizza Bites

Servings 4 | Prep time 10 mins. | Total time 20 mins.

### Ingredients

- 1 large zucchini or eggplant sliced into 1/4-inch slices
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 cup low sodium tomato sauce
- 3/4 cup shredded part-skim mozzarella cheese
- 1/2 cup miniature pepperoni slices (optional)
- Minced fresh basil (optional)

### Instructions

Before you begin wash your hands, surfaces, utensils, and vegetables.

Preheat broiler. Line baking sheet with aluminum foil and/or spray with non-stick vegetable oil spray. Arrange zucchini or eggplant slices in a single layer on baking sheet. Broil 3-4 inches from the heating element for 2 minutes per side. Remove from oven and sprinkle zucchini or eggplant with salt and pepper. Top with tomato sauce, cheese and pepperoni (if using). Broil 3-4 minutes or until cheese is melted.

Remove pizzas from oven and sprinkle with basil (if using).

#### Nutritional Information

Calories 110	Total Fat 4.5g	Sodium 220mg	Total Carbs 12g	Protein 7g
--------------	----------------	--------------	-----------------	------------

**Nutrition Tip:** Try to find ways to incorporate more vegetables into each day. Challenge yourself to find recipes where you could substitute an ingredient with a vegetable. For instance, this great pizza recipe substitutes crust by using a slice of zucchini or eggplant as the base.

### Find more delicious recipes!

- Celebrate Your Plate - <https://celebrateyourplate.org>
- American Heart Association - <https://www.heart.org>
- Common Threads - <https://www.commonthreads.org>



\* Material provided is for informational purposes only. Please consult your medical professional for activity and diet advice for your individual health condition



**THE OHIO STATE UNIVERSITY**  
EXTENSION

OSU Extension Office - - Washington County  
1115 Gilman Avenue, Marietta, OH 45750  
740-376-7431

CFAES provides research and related educational programs to clients on a nondiscriminatory basis. For more information: [go.osu.edu/cfaesdiversity](http://go.osu.edu/cfaesdiversity).