



SNACK-SIZED ZUCCHINI PIZZA BITES

Serves: 4 - 6 people (about 1/3 to 1/2 of a zucchini)

Cooking method: Oven

Cooking time: 10 – 15 minutes

Course: Snack/Appetizer

What You'll Need

- 18" x 13" rimmed baking sheet
- Parchment paper/aluminum foil
- Cutting knife
- Measuring cups and spoons
- Fork (to check the tenderness of the zucchini)
- Spatula (to remove the zucchini from the baking sheet)



Ingredients

- 2 large **zucchini**, washed, dried and cut into circles
- ½ cup **pizza, marinara or homemade spaghetti sauce**. You could even use **meat sauce**.
- 1 teaspoon of dried **oregano or Italian seasoning** (You can use the herbs and spices of your choice)
- 2 cups **mozzarella, provolone or cheddar cheese**
- **Salt and pepper** if desired
- **Toppings** of your choice (like cooked **ground beef, pork, sliced cooked meatballs, sausage, pepperoni, shredded chicken or beef, sautéed onions, green peppers, mushrooms, garlic**)
- ¼ cup **parmesan cheese (optional)**

SNACK-SIZED ZUCCHINI PIZZA BITES

Directions

1. Heat your oven to 450 °F (32.222 °C) and line your baking sheet with parchment paper or aluminum foil.
2. Slice the zucchini into ¼" thick round circles.
3. Place the zucchini circles on the baking sheet – spacing them apart from each other. This will allow them to cook evenly.
4. Spoon the sauce on top of each zucchini slice and sprinkle with oregano/Italian seasoning, pepper, crushed red pepper, salt or your favorite spices.
5. Layer the cheese and your chosen toppings on the zucchini slices. (If you are using meat, be sure it's fully cooked before adding. Sauté or microwave the vegetables to soften them before adding them to the pizza bites. This will allow them to soften and drain their excess water – keeping your pizza bites firm and not soggy.)
6. Place the zucchini in your preheated oven on the top rack- for about 5 – 10 minutes. When the cheese melts and the zucchini is tender when poked with a fork, your pizza bites are ready to eat. Sprinkle with grated parmesan cheese, crushed red pepper flakes ... anything you like.

Variations

This recipe does allow for creativity. **It's also a fantastic way to use leftovers.**

- Try it with a **Mexican** twist. You can top the zucchini with chili or salsa and a Mexican cheese blend. Top with chili peppers for an added kick.
- Make **Chicken Parmesan Zucchini Bites** by using marinara sauce, shredded leftover chicken and mozzarella cheese.
- Make bite-sized **chicken or tuna melts** with chicken/tuna salad, the spices of your choice and shredded mozzarella cheese.

| Nutrition Facts | |
|--|--------------------|
| Amount per | |
| 1 serving (2.4 oz) | 69 g |
| Calories 83 | From Fat 13 |
| % Daily Value* | |
| Total Fat 1.5g | 2% |
| Saturated Fat 0.7g | 3% |
| Trans Fat 0g | |
| Cholesterol 11mg | 4% |
| Sodium 362mg | 15% |
| Total Carbohydrates 4g | 1% |
| Dietary Fiber 1g | 5% |
| Sugars 2g | |
| Protein 14g | 27% |
| Vitamin A 8% • Vitamin C 4% | |
| Calcium 41% • Iron 2% | |
| <small>*Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.</small> | |
| HappyForks.com | |

Nutritional information is provided as a courtesy. It may vary- depending on the products used, the number and amount of toppings used and portion control. If you have specific dietary requirements, please keep this in mind.