



Tropical Pizza

 5 minutes preparation + 10 - 15 minutes cooking.

 5 (1 serve of fruit and 4 serves of vegetables)

INGREDIENTS

25 cm pizza base or Turkish bread
¼ cup tomato paste sauce
100g ham, chopped
225g pineapple pieces (in natural juice), drained
1 medium red or green capsicum, seeded and chopped
100g mushrooms sliced
100g grated light Mozzarella cheese
1 tablespoon chopped herbs (parsley, oregano and/or basil) or
a pinch of dried mixed herbs



DIRECTIONS

Preheat oven to 200°C. Spread pizza base with pasta sauce. Top with ham, pineapple, capsicum, mushrooms and cheese. Sprinkle with herbs. Bake for 10-15 minutes until heated through and browned. Serves 4.

HINT

Make 8 mini pizzas using 4 halved English muffins as bases

VARIATION

On top of the tomato sauce pile sliced onion, cooked red kidney beans, mushrooms, olives, cooked sliced potato and rosemary and top with cubes of reduced-salt feta cheese.

WHAT IS A SERVE?

Fruit



1 medium piece
(e.g. apple)

2 small pieces
(e.g. apricots)

1 cup chopped
or canned fruit

Vegetable



1/2 cup cooked
vegetables or cooked
legumes

1 medium
potato

1 cup salad
vegetables



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