

# Pizza

## Recipe Information

Serves: 6-8

Time to make: 20 minutes

## Method

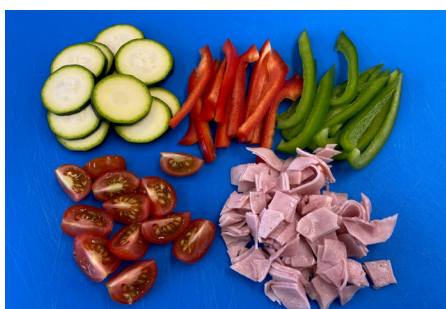
1. Wash and slice or chop vegetables. Roughly chop ham.
2. Preheat oven to 200°C. Line 2 baking trays with baking paper, or spray with oil. Place the pita breads on the trays.
3. Thinly spread tomato paste on each pita bread.
4. Add a variety of toppings to pita breads.
5. Sprinkle with cheese.
6. Bake for 10-15 minutes, until cheese has melted and pita bread is crisp.
7. Serve.



## Ingredients

- 1 packet of wholemeal pita bread
- 1 cup of tomato paste
- 200g of ham
- 1 punnet cherry tomatoes
- 1 zucchini
- 1 capsicum
- Handful of mushrooms
- 2 cups low fat grated cheese
- Spray oil

## Method



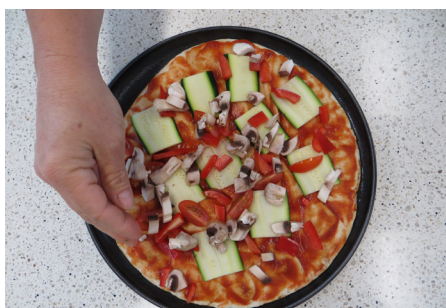
1. Wash and slice or chop vegetables. Roughly chop ham.



2. Preheat oven to 200°C. Lightly spray a baking tray with oil and place pita breads on tray.



3. Thinly spread tomato paste on each pita bread.



4. Add pizza toppings to each pita bread.



5. Sprinkle with cheese.



6. Bake for 10-15 minutes, until cheese has melted and pita bread is crisp.



7. Serve.

### Tips and Options

- Add spring onions and fresh herbs for extra flavour.
- Add cooked chicken, instead of ham, if you have it.

...**Which Way**...  
The good tucker way