Pitta Pizzas  (Serves 4)

Pitta breads are a quick and easy alternative for a pizza base. Don’t be afraid to get adventurous with your toppings and add some extra veg.

Ingredients

- 4 wholemeal pitta breads (could use white pitta breads or tortilla wraps)
- 4 tsp chopped tomatoes or tomato puree
- 1 pepper, sliced into thin strips (can substitute with other vegetables)
- 2 tbsp sweetcorn (can substitute with other vegetables)
- 50g cheddar, grated

Method

1. Pre-heat oven to 200°C/180°C/392°F/Gas mark 6
2. Spread 1 tsp of chopped tomatoes or tomato puree over each pitta
3. Top with veg and cheese
4. Place on a baking tray and bake in oven for 5-10 minutes, until the cheese has melted
5. Alternatively place under grill for 4 minutes

Serve with aside salad

Nutrition

As fruits and vegetables contain different combinations of vitamins, minerals and phytonutrients, to gain the greatest health benefit aim to ‘eat a rainbow’. This recipe allows everyone to choose their own pizza topping and salad ingredients. To help you choose a rainbow of colours here are some extra topping ideas:

Red tomato and radish
Green sugar snap peas and lettuce,
Yellow pepper and sweetcorn
White mushrooms and onion
Purple beetroot and cabbage
Orange carrot and sweet potato.

Nutrition per portion - 141g

<table>
<thead>
<tr>
<th>Energy</th>
<th>Fat</th>
<th>Saturates</th>
<th>Sugars</th>
<th>Salt</th>
<th>Protein</th>
<th>Carbs</th>
<th>Carbs Fibre</th>
</tr>
</thead>
<tbody>
<tr>
<td>296 kcal</td>
<td>5.4g</td>
<td>2.7g</td>
<td>5.6g</td>
<td>1.6g</td>
<td>12.8g</td>
<td>47.2g</td>
<td>3.5g</td>
</tr>
</tbody>
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% of an adult’s reference intake

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