



HEALTHY HOMEMADE PIZZA RECIPE



☰ Prep: 15 mins

🕒 Cook: 10 mins

🍴 Serves: 4

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Ingredients

- ▲ 2 23cm pizza base (dinner plate size)
- ▲ 4 tbs no-added-salt tomato paste
- ▲ 1 cooked or BBQ chicken breast, chopped
- ▲ 2 cups baby spinach leaves
- ▲ 1/2 onion, finely chopped
- ▲ 1 capsicum, thinly sliced
- ▲ 2 tomatoes, chopped
- ▲ 1 cup reduced-fat mozzarella cheese, grated

Method

1. Preheat oven to 200°C (180°C fan-forced).
2. Spread tomato paste evenly over pizza bases.
3. Top with spinach leaves, onion, chicken, capsicum strips and tomatoes.
4. Sprinkle with cheese and place on a baking tray, pizza stone or wire rack.
5. Bake for 10-15 minutes until cheese is melted and base is crisp.

Comment: Cold pizza is great for lunchboxes.

Variations

- Use whatever tomato products you have in the pantry; tomato sauce, tomato paste, canned tomatoes, fresh cooked tomatoes and tomato passata will all work!
- Try pita bread, tortillas, wraps, English muffins or Turkish bread as the base.



Ingredients

Nutrition Information

| | per serving | per 100g |
|---------------------|-------------|----------|
| Energy | 1950 kJ | 536 kJ |
| Protein | 37.3 g | 10.2 g |
| Fat, total | 10.2 g | 2.8 g |
| — saturated | 4.6 g | 1.3 g |
| Carbohydrate | 51.8 g | 0 g |
| — sugars | 10.2 g | 2.8 g |
| Sodium | 580 mg | 159 mg |
| Fibre | 6.8 g | 1.9 g |