

MAKE THEIR MEALS COUNT



Homemade pizza with grape salad

Ingredients serves 4

- 4 Lebanese bread, preferably wholemeal
- 1 capsicum
- ½ sweet potato, cut into ½cm slices
- 1 cup button mushrooms, cut into quarters
- 120g lean ham (about 30–40g per pizza), cut into slices
- Tomato paste
- Grated reduced fat cheese
- 1 tablespoon olive oil
- ½ cup grapes, halved
- 2 cups spinach leaves

Method

1. Preheat an oven to 180°C.
2. Place the capsicum on a lined baking tray and bake for 20–30 minutes or until soft and charred.
3. While the capsicum is baking, add the sweet potato to the oven and cook for 10 minutes or until soft.
4. Meanwhile place the Lebanese bread on trays lined with baking paper.
5. Remove capsicum and sweet potato from the oven. Place the capsicum in a bowl and cover with cling wrap and allow to sweat and cool. Once cold, remove the skin from the capsicum and cut into thin slices.
6. Spread tomato paste on the bread and top with baked sweet potato, mushroom, capsicum, lean ham and grated cheese.
7. Bake in a hot oven at 200°C for about 10–12 minutes until the base is crispy and the cheese has melted.
8. While pizza is cooking, combine the spinach leaves, grapes and olive oil.
9. Serve pizza with salad.

Note: Other pizza toppings could be used – cooked chicken breast, left over roast beef, cooked lean mince, red onion or shallots, pineapple, cherry tomatoes, herbs such as basil, baked beans (drained).