



## 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 1tsp 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

Energy	Fat	Saturates	Sugars	Salt	Protein	Carbs	Fibre
296kcal	5.4g	2.7g	5.6g	1.6g	12.8g	47.2g	3.5g
15%	8%	13%	6%	27%	26%	18%	-

### % of an adult's reference intake

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