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Homemade Vegetable Pizza (Serves 4)

Making your own pizza at home can be a healthy alternative to takeaways and it's surprisingly easy to do. Feel free to be adventurous with your toppings and add some extra veg.

Ingredients

Topping*
- 3tbsp tomato puree
- 150g tinned tomatoes
- 1tsp oregano
- ½ tsp basil

*Alternatively substitute for any tomato based pasta sauce and skip stage 2

- 3tbsp frozen sweetcorn or tinned sweetcorn
- 100g mixed frozen peppers or 1 pepper, chopped
- 60g Mozzarella cheese or any cheese available

Dough
- 250g (1 cup), bread flour
- 2tsp dried yeast
- 150ml/ ¼ pint warm water
- Pinch salt

Method

1. Mix all dough ingredients and knead until soft, cover with a damp tea towel and leave for 1 hour
2. Whilst waiting for the dough to rise, mix tomato puree, tinned tomatoes, oregano and basil together to make the sauce
3. After 1 hour, knead dough again and roll out on a light floured surface
4. Line a flat baking tray with grease proof paper, cover with pizza dough
5. Spread sauce evenly over dough, followed by cheese and veg
6. Cook in preheated oven 200°c/180°C/392°F/ Gas mark 6, for 15-18 mins

Serve with a side salad

Nutrition

Adding vegetables to your pizza can help you to up your veg intake and increase the fibre content of the meal. Tinned tomatoes count as 1 of your 5 a day. Therefore making your own tomato base is also a great way to increase your veg intake. Tomatoes are high in Vitamin C. Vitamin C helps protect our cells and maintain healthy skin, bones and blood vessels. Dairy products such as cheese are sources of protein and calcium. Calcium helps to build strong bones and teeth.

¼ Pizza (220g) contains:

Energy	Fat	Saturates	Sugars	Salt	Protein	Carbs	Fibre
361kcal	4.8g	2.6g	7.9g	1.2g	16g	60.7g	4.8g
18%	7%	13%	9%	21%	32%	23%	-

% of an adult's reference intake

Please Note: Altering the ingredients will change the nutritional content of the meal

If you enjoy the recipes, let us know email: rowettnews@abdn.ac.uk

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