

Smart Eating Week is from 12th to 18th February. Get this recipe and many more healthy options from: <https://www.qld.gov.au/health/staying-healthy/diet-nutrition/recipes>

Quick Veggie Pizza

Easy

4 servings

10 serves of veg

15m preparation

30m cooking

Ingredients

- 4 small wholemeal pita breads
- 1 teaspoon olive oil
- 3 medium Capsicum, (red, green and yellow), chopped
- 1/2 red onion, diced
- 1 cup button mushroom, sliced
- 1 teaspoon dried Oregano
- 1 cup canned crushed tomatoes
- 2 tablespoons parmesan cheese, finely grated
- 1 teaspoon sweet paprika



Method

1. Preheat oven to 200°C and position rack in middle of the oven.
2. Heat large nonstick frypan, brushed with olive oil and add onion, herbs and capsicums. Cook until soft and slightly charred about 10 minutes.
3. Add the mushrooms and cook for 2-3 minutes. Set vegetables aside.
4. Mix tomatoes with herbs in a small bowl.
5. Place pita breads on baking paper lined oven tray, smooth spoonfuls of tomato sauce over base, sprinkle with half the parmesan and then arrange grilled vegetables in a single layer over the sauce.
6. Bake in oven for 10 minutes until edges of pita are crispy.
7. Serve with sprinkling of the remaining parmesan, oregano and sweet paprika, cut into slices.

Nutrition Information

240g	Quantity per serving	Quantity per 100g
Energy	1100kJ	459kJ
Protein	11.6g	4.9g
Fat, total	11.8g	5g
— Saturated	3.9g	1.6g
Carbohydrate	25g	10.4g
— Sugars	6.6g	2.8g
Fibre	5.2g	2.2g
Sodium	424mg	177mg