

After school snack pizza

Traffic light category: **Green**

Serves: 1

Ingredients

- » 1 English muffin, sliced in half horizontally, or 1 small pita bread
- » 1 tablespoon tomato paste
- » 1 tablespoon lean ham, diced
- » 2 tablespoons of assorted toppings such as pineapple, capsicum, mushrooms or corn
- » 1 tablespoon reduced fat cheese, grated.

Method

1. Preheat oven or sandwich press for 10 minutes
2. Top one half of muffin or pita bread with tomato paste
3. Top with meat and/or vegetables of your choice
4. Sprinkle with cheese
5. Bake in hot oven for 10 minutes or easier still place in a sandwich press with the lid slightly ajar until cheese has melted.

Nutrition information panel		
Nutrient	Per serve	Per 100g
Weight	141g	100g
Energy	685kJ	486kJ
Protein	13g	9g
Total fat	3g	2g
Saturated fat	1.5g	1g
Carbohydrate	20g	14g
Sugars	8g	6g
Dietary fibre	3g	2g
Sodium	693mg	493mg

