

Pizza Bites

Traffic light category: **Green**

Serves: 6

Ingredients

- » 1 Sorj or Lavash bread wrap (square wraps are preferable)
- » 1 tablespoon mild tomato salsa sauce
- » 1 tablespoon reduced fat cheese, grated
- » 1 slice of reduced salt lean ham, shaved

Method

1. Preheat oven or sandwich press for 10 minutes
2. Top end of the wrap closest to you with salsa and spread evenly
3. Cut ham in half and place on top of sauce
4. Sprinkle with cheese
5. Roll wrap away from you to form a log or cylinder
6. Bake in hot oven for 5-10 minutes or easier still place in a sandwich press with the lid slightly ajar until cheese has melted.
7. Cut into 6 portions

Nutrition information panel		
Nutrient	Per serve	Per 100g
Weight	20g	100g
Energy	170kJ	852kJ
Protein	2.05g	10.39g
Total fat	0.72g	3.67g
Saturated fat	0.34g	1.71g
Carbohydrate	6.01g	30.53g
Sugars	0.57g	2.89g
Dietary fibre	0.50g	2.53g
Sodium	87mg	441mg

