



Pizza Bites

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A great recess snack that can be made using any fillings, ham makes this item amber, use lean chicken, vegetables or vegemite and cheese for a green option.

Traffic light category: Amber Serves: 6

Ingredients

- 1 slice Lavash bread wrap (square wraps are preferable)
- 2 tablespoons mild tomato salsa sauce
- 1/2 cup 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.



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