

## Recipe: Pizza



**Provided by Jasmine Challis, Accredited Sports Dietician**

Preparation time: about 15-20 minutes. Cooking time: about 10-12 minutes depending on pizza base.

Serves 1-2. Serve with side salad if liked.

This pizza is likely to be more nutritious and delicious than many as you 'build' it just before cooking, and have complete choice over what is on it.

### **Ingredients**

- 1 ready made pizza base – larger ones may serve two or more depending on appetite
- 2-3 tbsp tomato puree or Passata
- 50-100g mozzarella cheese – grated
- 1-2 large tomatoes, skinned (recommended but optional)
- 1 tablespoon vegetable oil
- 1 tsp dried herbs or 1 tbsp chopped fresh herbs e.g. basil (optional)
- Toppings: choose as many as liked from
- 25-50g chopped ham
- Diced canned pineapple (choose pineapple in juice not syrup)
- Finely diced chillies (wash hands well after touching)
- Sliced mushrooms
- Olives
- Diced green pepper/red pepper
- Chopped onion/onion rings
- Tinned sweetcorn – drained

## **Equipment**

- Baking tin larger than pizza base
- Sharp knife
- Cheese grater (if cheese not already grated)
- Chopping board
- Greaseproof paper/brush for oil

## **Method**

1. Prepare toppings – wash & chop as needed.
2. Preheat oven to temperature stated on pizza base.
3. Brush baking tin & pizza base with oil.
4. Put base onto tin.
5. Spread base with puree/passata.
6. Sprinkle over half of grated cheese.
7. Skin tomatoes & chop if using. Spread over base.
8. Add other toppings making sure they cover base evenly.
9. Sprinkle over rest of cheese.
10. Cook as recommended.
11. Serve immediately with side salad if possible