

Lebanese Bread Pizza

3 servings. Ready in 20 min.



Ingredients

Bread, flat (pita or Lebanese), wholemeal, commercial, 1 flat bread or pita bread, round, large (85 g)
Tomato, paste, no added salt, 3 tablespoon (60 g)
Garlic, 1 tbs cloves minced (5 g)
Herbs, mixed, dried, 2 teaspoon (8 g)
Olive Oil, 1 tablespoon (15 g)
Onion, Fresh, 1 small (70 g)
Ham, smoked, extra lean, low sodium, 100 grams (100 g)
Mushrooms, Fresh, 1 portion(s) (100 g)
Spinach, 1 cup (30 g)
Tomato, Fresh, 1 cup cherry tomatoes (149 g)
Cheese, blended for pizza use, regular fat, 100 grams (100 g)

Instructions/Preparation

1. Preheat oven to 200 degrees
2. In a small bowl, mix tomato paste, olive oil, garlic and mixed herbs together.
3. Paste tomato paste mixture onto lebanese bread "pizza base", going right to the edges of the bread.
4. Sprinkle approx 1/2 the cheese over the base.
5. Add topping ingredients (ham and vegetables)
6. Top with remaining cheese, put in the oven for approx 10 mins (until cheese is fully melted and toppings have partially cooked).
7. Cut pizza into 6 slices using a pizza cutter.

Extra comments/notes

- Recipe can be doubled or tripled to make extra pizza's depending on required servings. One dinner serving is approx 2 pieces of pizza per person. Each pizza makes 6 pieces.
- Adjust the toppings to what is in the fridge. Other options include - leftover roast chicken, feta cheese, sundried tomatoes, olives, capsicum, pineapple pieces etc. Use your imagination!
- Vegetables can be pre-cooked if required (lightly pan fry before adding to pizza).

Food	Energy /srv	Protein/srv	Fat/srv	Carbs/srv
Bread, flat (pita or Lebanese), wholemeal, commercial, 1 flat bread or pita bread, round, large (85 g)	72.8 kcal	2.4 g	0.6 g	13.4 g
Tomato, paste, no added salt, 3 tablespoon (60 g)	14.2 kcal	0.6 g	0.1 g	2.3 g
Garlic, 1 tbs cloves minced (5 g)	2.5 kcal	0.1 g	0 g	0.6 g
Herbs, mixed, dried, 2 teaspoon (8 g)	7.7 kcal	0.3 g	0.2 g	0.6 g
Olive Oil, 1 tablespoon (15 g)	44.2 kcal	0 g	5 g	0 g
Onion, Fresh, 1 small (70 g)	9.3 kcal	0.3 g	0 g	2.2 g
Ham, smoked, extra lean, low sodium, 100 grams (100 g)	47 kcal	6.2 g	0.9 g	3.6 g
Mushrooms, Fresh, 1 portion(s) (100 g)	7.3 kcal	1 g	0.1 g	1.1 g
Spinach, 1 cup (30 g)	2.3 kcal	0.3 g	0 g	0.4 g
Tomato, Fresh, 1 cup cherry tomatoes (149 g)	8.9 kcal	0.4 g	0.1 g	1.9 g
Cheese, blended for pizza use, regular fat, 100 grams (100 g)	105.7 kcal	9.6 g	7.3 g	0 g
TOTAL	321.98 kcal	21.24 g	14.36 g	25.97 g

"/srv" indicates *per serving*, and "/rec" indicates *total in recipe*.