

Today's Favourite

TROPICAL PIZZA



5 serves of vegies per recipe

Ingredients

25cm pizza base or
Turkish bread
1/4 cup tomato pasta
sauce
100g ham, chopped
225g can pineapple
pieces (in natural
juice), drained

1 medium red or green
capsicum, seeded and
chopped
100g mushrooms, sliced
100g grated Mozzarella
cheese
1 tablespoon chopped
herbs (parsley, oregano
and/or basil) or a pinch
of dried mixed herbs

Method

Preheat oven to 200°C. Spread pizza base with pasta sauce. Top with ham, pineapple, capsicum, mushrooms and cheese. Sprinkle with herbs. Bake for 10-15 minutes until heated through and browned.

Serves 4.

Hint

Make 8 mini pizzas using 4 halved English muffins as bases.



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