

PIZZA AND TOPPINGS

Pizzas are delicious and can help you to add vegetables to your diet. However shop bought and take away pizzas are often laden with fat and salt. To avoid this, easy to make pizzas are a great way to still allow yourself one of your favourite take-away meals.

Your bases could be home-made:

INGREDIENTS

350g flour

2 $\frac{3}{4}$ tsp baking powder

Baking powder

1 tsp salt

1 tbsp oil



METHOD

- Heat the oven to 200°C/gas 6.
- Mix together 350g flour, 2 $\frac{3}{4}$ tsp baking powder and 1 tsp salt in a small bowl, add 1 tbsp oil and 170ml water then stir until it forms a ball. If stiff, add more water, it should be soft but not sticky.
- Knead on a floured surface for 3-4 mins. Roll into 2 balls, then flatten out.
- Add toppings and bake each on a baking sheet for 15 mins.

OTHER BASES YOU CAN USE INCLUDE:

Tortillas, plain or flavoured – Baked in oven at 240°C for 4-6 minutes or grilled until bubbling.

English Muffins – Cut in half, cover with toppings and place them in oven 200°C, Gas Mark 6 for 10 minutes.

French Bread Stick - preheated oven for 10 minutes, or until the cheese is melted and the edges of the bread are brown and crispy.

Crumpet - Baked in oven at 200°C for 4-6 minutes or grilled until bubbling.

Wholemeal Ready-made Pizza Base – cook as directed on packaging.

INGREDIENTS

You could include a combination of things like:

Cherry tomatoes, halved

Peppers, sliced

Mushrooms, sliced

Onions, sliced (these can be dry fried or put on raw)

Courgettes, sliced

Broccoli florets, cooked

Leeks, thinly sliced

Sweetcorn, drained (if from a can)

Fresh or dried herbs

Cooked meats such as lean ham, chicken or left-over meat from a Sunday roast.

Seafood such as anchovies, tuna, or salmon.

Try to use lower fat cheeses such as cheddar or mozzarella.

Use a stronger flavour cheese so you need to use less.

Remember not to put too much topping on your pizza (especially if using tortillas or very thin bases) as it will take longer to cook through and may burn the base before the top is cooked.

Just a small amount of passata or readymade pizza topping is enough to give a tomato base to your pizza and any left-over passata or topping can be frozen in ice cube trays to be used at a later date.

Here are a few other ideas for toppings you may like to try on your pizza.

Hawaiian Pizza Topping:

reduced fat Cheddar Cheese, grated

1 Tomato, sliced

Tomato Puree or (small portion of Passata or readymade pizza topping)

Mixed Herbs, optional

ham, diced

onion, diced

Pineapple, chopped

Chicken and Sweetcorn Pizza Topping:

reduced fat Cheddar Cheese, grated

Tomato, sliced

Tomato puree or (small portion of Passata or ready-made pizza topping)

Mixed Herbs, optional

Leftover cooked Chicken

Onion, diced

Sweetcorn—drained

Marianara Pizza Topping:

reduced fat Cheddar Cheese, grated

Tomato, sliced

Tomato puree or (small portion of Passata or ready-made pizza topping)

Mixed Herbs - Optional

Onion, diced

Tuna or Sardines or any other tinned fish

Mushrooms, sliced