

March

Sara's Easy Peasy Pizzas



Sara says "This is a quick and easy recipe. It took no time at all to make, although it was my first time cooking the dish! Arian loved the pizzas - they really are Easy Peasy!"

Makes 2 mini pizzas
Ready in 10-15 minutes

Ingredients

You can change the toppings, but make sure you include plenty of vegetables. Also, instead of the muffin you can use other breads e.g. finger rolls, baguettes or baps

- 1 English breakfast muffin, cut in half
- 1 tbsp tomato puree
- 1 tsp pesto
- 1 tbsp olive oil
- $\frac{1}{2}$ small red onion, peeled and sliced
- 2-3 mushrooms, sliced
- $\frac{1}{2}$ small courgette, thinly sliced
- Black pepper
- Sliced ham/salami, cut into pieces (optional)
- 50g / 2oz cheese, grated (preferably low fat)



Kid's
Favourite
Recipe

Method

Toast the muffin until golden and leave to cool. Pre-heat the grill to high

Mix the tomato puree and pesto together and spread over the muffins

Heat the oil in a saucepan and cook the onion, mushrooms and courgette until softened

Add seasoning, then spread the vegetables over the 2 muffin halves. Add the meat and sprinkle the cheese over the top

Place under the grill and cook for about 4 minutes or until golden and bubbling. Leave to cool slightly before eating



5 a day

It is easier to meet your 5-a-day goal if you ensure there is at least 1 portion of fruit or vegetables at every meal. Add as many vegetables as you can to a dish; they are bursting with vitamins, minerals and fibre, and also low in sugar, fat, salt and calories. They will keep you and your family feeling and looking fantastic.