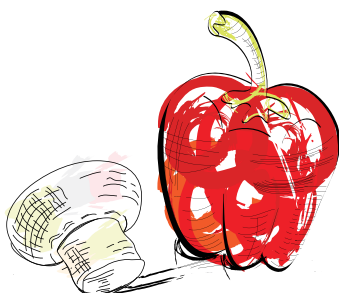


Tropical Pizza



5 minutes preparation
+ 10 - 15 minutes cooking

Ingredients

25cm pizza base or Turkish bread
¼ 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

Variation

On top of the tomato sauce pile sliced onion, cooked red kidney beans, mushrooms, olives, cooked sliced potato and rosemary and top with cubes of reduced-salt feta cheese.



hint

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

