



CookSmart

with Allyson Gofton

PIZZA PIZZAZZ



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PIZZA PIZZAZZ

Get away from the traditional pizza with all that cheese to something more filling and tastier.

Ingredients:

200 gram pot sundried tomato hummus or plain hummus
2 large Lebanese pita breads
2 tomatoes, sliced
1 red pepper, deseeded and finely sliced
1/2 red onion, finely sliced
150 grams mushrooms, diced
black olives
100 grams feta cheese, crumbled
1 cup (100 grams) grated mozzarella cheese
chopped fresh oregano to garnish

Method:

1. Spread half the hummus on each pita bread base. Arrange slices of tomato on top and then scatter the red pepper, mushrooms, olives, feta and mozzarella evenly over the pizzas.
2. Bake at 220C for 10–12 minutes until the base is crisp and golden and the topping hot. Garnish with fresh oregano leaves and ground black pepper.

Cook's Tip:

Look for the wholemeal pita bases; they have a lovely nutty taste to them. Hummus makes a great change from the traditional tomato paste bases. It comes in many flavour variants and adds a mellow creamy texture to your pizzas.



Serves: 4

Ready In: 20 minutes

Look out for tips and recipes using fruit and veg in store or visit www.livesmart.org.nz for more easy ways to eat smart, move smart and get trim



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