

# Pineapple, leg ham & zucchini bruschetta



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Preparation 15 mins | Cooking 10 mins | Serves 4

2 slices fresh pineapple, peeled and halved  
2 zucchini, cut lengthways into thin slices\*

Olive oil spray

4 slices sourdough or wholegrain bread

1/3 cup reduced fat cream cheese

200g sliced leg ham

\* Slice zucchini firmly using a vegetable peeler to get thicker strips.

**STEP 1** Place pineapple and zucchini in a bowl. Spray with oil and season with salt and pepper. Toss to combine. Heat a greased char-grill or a non-stick medium frying pan over medium-high heat. Cook pineapple and zucchini, in batches, for 1-2 minutes on each side until seared and just tender. Transfer to a plate.

**STEP 2** Spray bread with oil and char-grill on both sides until golden. Spread grilled bread with cream cheese, top with ham, zucchini and pineapple and serve.

## Good for you... **PINEAPPLE**

A good source of manganese, a mineral that contributes to the normal formation of bone and connective tissue.  
A good source of vitamin C, which contributes to the normal functioning of the body's immune system.  
Provides dietary fibre, which helps the intestine function normally.

