

Fresh for Kids®

Tomato, mushroom & cabanossi pizza



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Preparation: about 20 minutes
Cooking: about 15 minutes
Serves: 4

1 large ready-made pizza base
½ cup tomato pasta or pizza sauce
8 button mushrooms, sliced
1 cabanossi, sliced
½ red capsicum, chopped
125g cherry tomatoes, halved
1–2 tbs sliced black olives (optional)
1 cup reduced fat grated mozzarella cheese
leafy green salad, to serve

1. Preheat oven to 240°C–220°C fan-forced. Place pizza base on a baking tray lined with non-stick baking paper.
2. Spread pizza base with tomato or pizza sauce. Top with mushrooms, cabanossi, capsicum, tomatoes and olives. Sprinkle with cheese. Bake for 12–15 minutes until crust is crisp and cheese has melted. Slice and serve with a leafy green salad.

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Mushrooms

- Supply worthwhile quantities of six of the 8 B complex vitamins, including thiamin (B1), riboflavin (B2), niacin (B3), folate, pantothenic acid (B5) and biotin. These vitamins play many roles and are vital in the reactions within the body that produce energy from proteins, fats and carbohydrates.
- Great flavour for virtually no fat and low in kilojoules (less than 100 kJ/100g).
- A good source of potassium, which helps balance adverse effects from the sodium in salt.

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