

Mini Pizza – eggplant

- Feeds 1



Ingredients



Tablespoon of chopped ham



2 teaspoon of tomato puree



Tablespoon of shredded cheese



Dried Italian herbs



½ cup of lettuce or spinach



¼ cup of diced eggplant



¼ cup of diced capsicum

1 slice of wholemeal bread

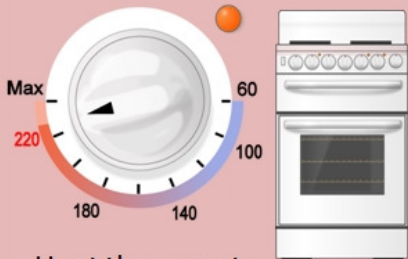
Equipment



Or



1



Heat the oven to hot (220 degrees)

Or



Turn the frying pan thermostat to 8



2

Spread tomato puree on bread



Optional 3 Sprinkle herbs on top



4 Add lettuce or spinach



5 Add chopped eggplant



6 Add ham



7 Add ham & cheese

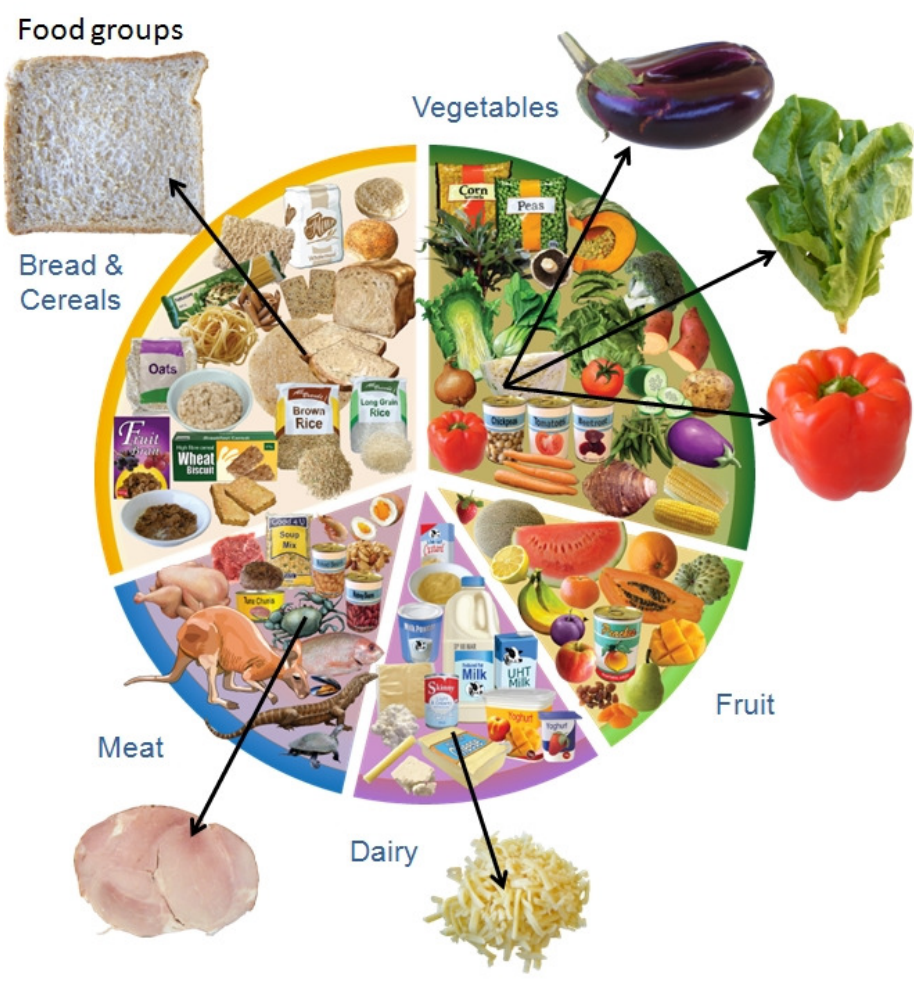


8 Bake then serve

Cook for 5 - 10 minutes
(The time will depend upon the oven)

Or

Cover with lid and cook for 6 minutes



Serves in 1 mini pizza

- ½ serve of vegetables
- ½ serve of vegetables
- ½ serve of vegetables
- ⅓ serve of cheese
- ¼ serve of ham
- 1 serve of bread

There is no need to print the following page when printing and using this resource

Health Professional Facilitator Information

You must at all times use your own professional judgement when using this resource

Purpose of resource:

To support the delivery of practical cooking and nutrition education sessions

Key skills:

This resource could be used to support development of the following skills:

- Independently follow a recipe.

Target group:

This resource is designed to be used by Australians of all ages.

Notes:

This resource is designed to be printed A3 size and then laminated.

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