

# 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



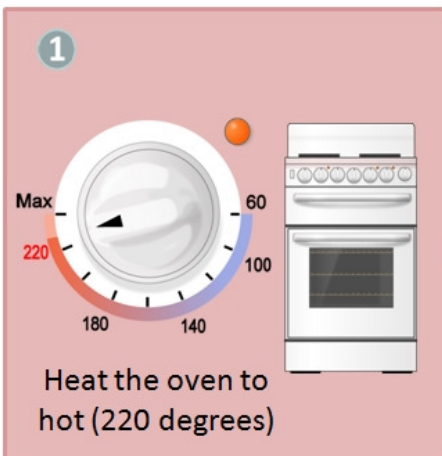
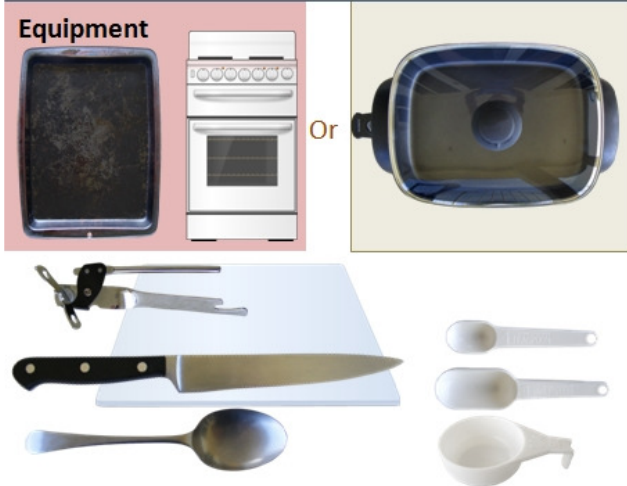
¼ cup of diced eggplant



¼ cup of diced capsicum



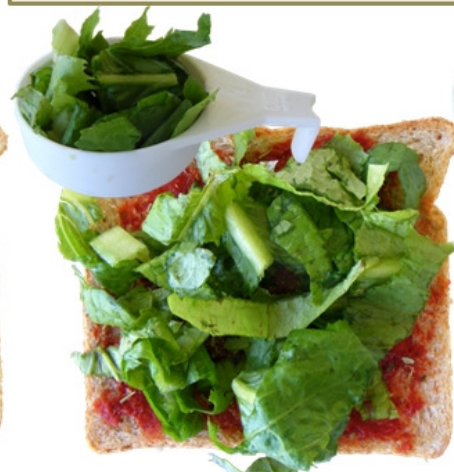
1 slice of wholemeal bread



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



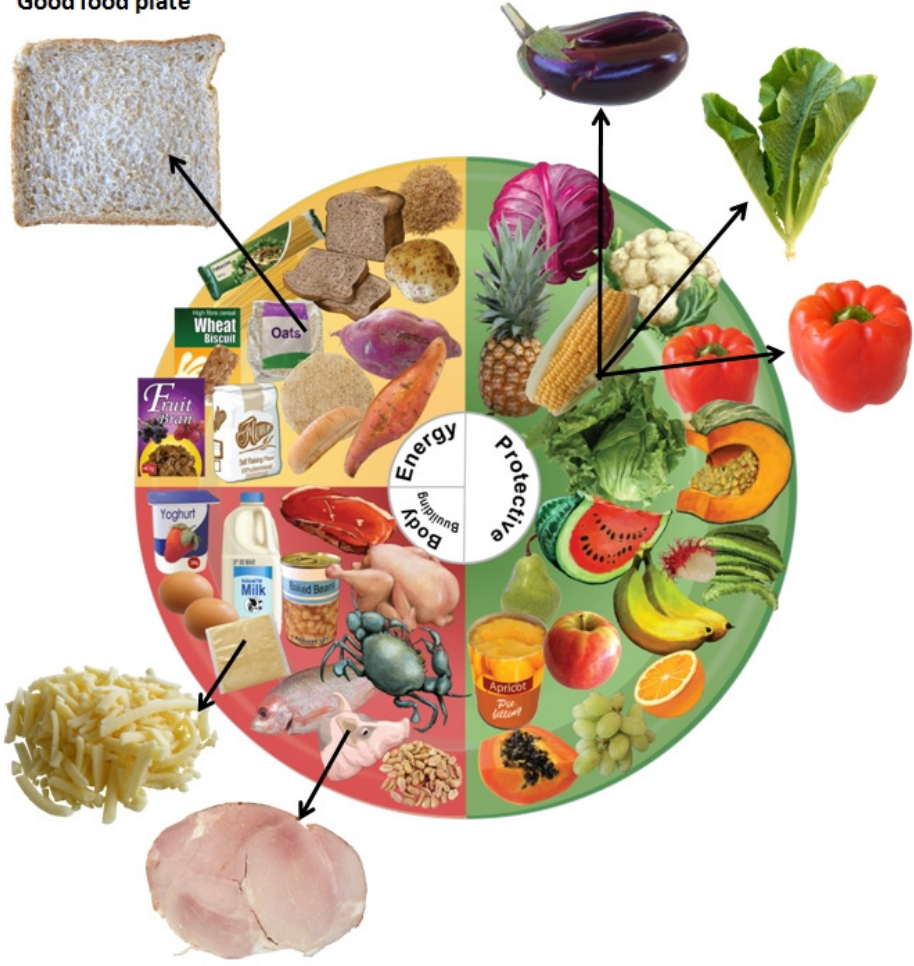
8 Bake then serve

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






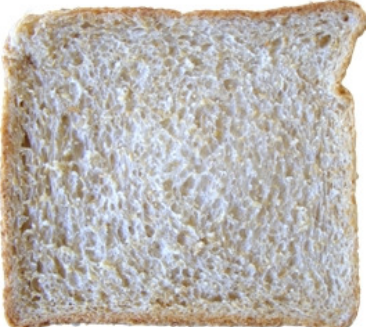
Or

Cover with lid and cook for 6 minutes

Good food plate



Serves in 1 pizza

-  ½ serve of lettuce
-  ½ serve of eggplant
-  ½ serve of capsicum
-  1/3 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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