

Healthy Eating on a Budget Workshop



Mini wrap pizzas

Serves 4

Ingredients

4 whole-wheat wraps or pita breads
1 yellow/red/green capsicum (chopped)
1 cup Edam cheese (grated)
Fresh basil (sliced)
Baby spinach
Pizza sauce or homemade pizza sauce
½ can of corn kernels
½ can of diced pineapple
½ can of black beans or red kidney beans
½ onion
½ tsp dried oregano
¼ tsp olive oil or canola oil for cooking



Method

1. Wash all vegetables.
2. Remove seeds from capsicum and cut julienne style.
3. Finely dice ½ onion and grate 1 cup edam cheese.
4. Drain canned corn and pineapple and set aside.
5. Drain and rinse canned beans under cold water.
6. Slice fresh basil and put aside with baby spinach for garnish.
7. Preheat pan/oven.
8. Prepare pizza by spreading pizza sauce on and topping with prepared ingredients.
9. Place in electric frying pan/oven until crisp and garnish with basil and baby spinach.