



— Mini speedy — PIZZAS

1 serving

Prep time: **10 mins**
Cook time: **10 mins**

Ingredients

- 2 tbsp tomato pasta sauce or tomato paste
- 2 slices wholemeal bread
- 2 tbsp grated low-fat cheese
- 2 tbsp chicken cubes or canned tuna or other cooked meat
- 1 white mushroom, sliced
- 4 slices of egg plant
- ¼ capsicum (yellow or green), diced

Method

- Preheat toaster.
- Use a roller to lightly flatten out the bread. Removing the bread crust can make it easier to flatten.
- Lightly toast the bread in the toaster.
- Spread tomato pasta sauce on toasted bread. Top with chicken/tuna, mushrooms, vegetables and lastly cheese.
- Return to toaster until the cheese is melted.

Nutrition Information (Per serving)

Energy: **205 kcal**

Protein: **11.2g**

Total fat: **3.4g**

Carbohydrates: **36.4g**

Dietary fibre: **17.9g**

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Health Bites



Goodness of the catch

Enjoy the goodness of oily fishes like salmon, tuna, sardine and mackerel. These fishes are rich in omega-3 fatty acid, which can help prevent heart disease and stroke.



Healthy inside, healthy outside

Don't skin your fruits – because the peels are where the health benefits are. Savour the edible skins of fruits and vegetables for an extra dose of fibre and nutrients.



Delicious meets nutritious

Certain foods such as tomatoes, corn, peas and mushrooms contain a natural flavouring compound called glutamate. These are healthy foods which double up as natural flavour enhancers.

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