

# Pizza Makeover



Original Pizza  
Cost per serve: \$2.47\*



Makeover Pizza  
Cost per serve: \$2.24\*

## Easy changes we made for the healthy way

We reduced the cost, energy, saturated fat, salt (sodium) and increased the fibre and vegetable content by:

- Swapping the white pizza base with wholemeal pizza base
- Instead of premade tomato sauce, salami, tasty cheese, we used homemade pasta sauce, chicken, edam cheese
- We omitted the olives and adding zucchini, tomato, mushrooms and rocket



## Ingredients- 10 serves

### Original

White pizza base 25cm	5 whole
Premade tomato sauce	500g
Salami	250g
Onion	200g
Cheese, tasty	350g
Olives	200g

### Makeover

Wholemeal pita bread 26cm	5 whole
Canned tomatoes	420g
Tomato paste	30g
Onion, diced	120g
Garlic, crushed	50g
Cooked chicken, shredded	250g
Onion, sliced	300g
Cheese, edam, grated	120g
Zucchini, sliced	250g
Tomato, sliced	250g
Mushroom, sliced	200g
Rocket	20g

The pizza sauce was made using this recipe:

[www.heartfoundation.org.nz/healthy-living/healthy-recipes/homemade-pasta-sauce](http://www.heartfoundation.org.nz/healthy-living/healthy-recipes/homemade-pasta-sauce)

## Method for Makeover

1. Heat oven to 200°C
2. Cook onion in a non-stick pan with a dash of water until soft.
3. Add crushed tomatoes, garlic, tomato paste and cook until thickened
4. Spread tomato sauce over pita bases
5. Sprinkle with grated cheese
6. Place sliced onion, zucchini, tomato and mushrooms on top
7. Bake for 10-15 minutes until hot through
8. Remove from oven and place rocket leaves over top
9. Cut into pieces and serve

## Nutrient Information

	Original	Makeover	Difference
	Per serve	Per serve	Per serve
Energy	2343kJ	782kJ	1561kJ
Fat	27.7	5.3g	22.4g
Saturated fat	11.1g	2.5g	8.6g
Carbohydrate	58.4g	21.5g	36.9
Sugar	7.1g	5.0g	2.1g
Fibre	3.0g	5.6g	2.6g
Sodium (Na)	1155mg	296mg	859mg

\*Costs as at July 2013, Countdown Online <http://shop.countdown.co.nz/>