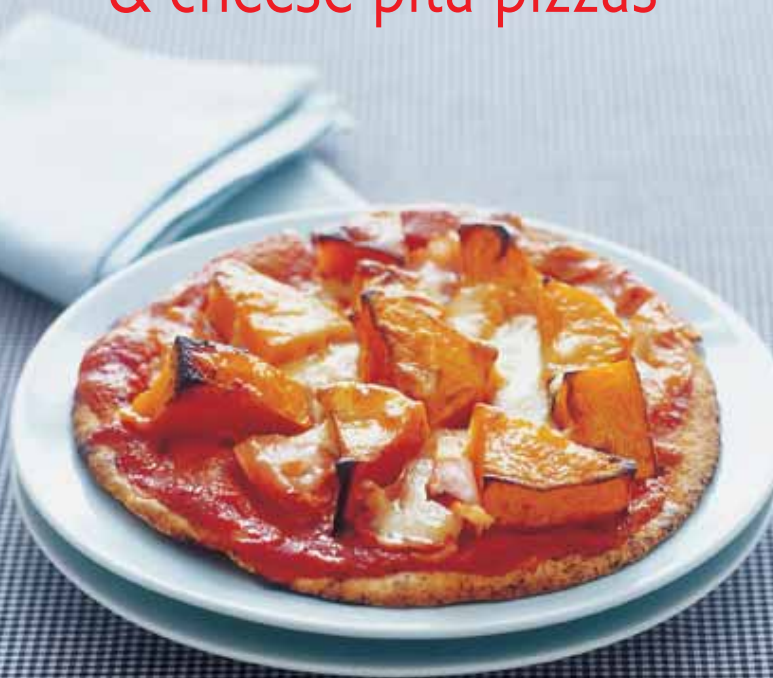


Fresh for Kids®

Roast pumpkin, ham & cheese pita pizzas



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Ingredients:

600g butternut pumpkin
olive oil cooking spray

4 wholemeal pita pocket
breads

2/3 cup tomato puree

100g reduced fat shaved
leg ham, roughly
chopped

1/3 cup shredded reduced
fat mozzarella cheese

Health benefits of butternut pumpkin:

- A good source of beta carotene, which the body converts to vitamin A. The deeper the colour, the higher the content of beta carotene.
- Provides potassium, which helps balance adverse effects of consuming salt.
- A source of vitamin C and dietary fibre.

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Method:

1. Preheat an oven to 220°C. Line 2 baking trays with baking paper.
2. Peel and cut pumpkin into 3cm x 1cm-thick pieces. Place pumpkin on a baking tray. Spray with olive oil, turning pumpkin to evenly coat with oil. Roast pumpkin for 25–30 minutes or until tender.
3. Spread one side of pita pocket breads evenly with tomato puree. Place on baking trays. Top each with shaved ham and roasted pumpkin. Evenly sprinkle with mozzarella cheese. Bake for 10–12 minutes or until cheese is melted and serve.

Serves: 4 kids

Preparation: 15 minutes

Cooking: about 35 minutes