

**TOMATO, FETTA & OLIVE PIZZA**

🕒 10 minutes

🕒 20 minutes

🍴 1 portion

INGREDIENTS

- 1 pita bread , whole-wheat (28 g)
- 1 clove of garlic, halved (3 g)
- 1/2 cup cherry tomatoes halved (60 g)
- 10 kalamata olives, pitted (30g)
- 40 grams of low fat feta
- 1 gram of olive oil spray
- 20 grams of rocket
- 1 tbsp of tomato paste (16 g)

COOKING METHOD

- 1° Preheat oven to 180 C. Place oita bread on baking tray. Rub garlic, cut side down over surface of bread. Spread over tomatoe paste.
- 2° Top with tomatoes and olives. Sprinkle with feta and season with pepper.
- 3° Lightly spray with oil, then bake for 10 minutes or until golden and crisp.
- 4° Top with rocket leaves and serve.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (198 g)	% DRI
ENERGY	147 kcal	291 kcal	15 %
FAT	8 g	17 g	26 %
FATTY ACIDS, TOTAL SATURATED	3 g	6 g	32 %
CHOLESTEROL	18 mg	36 mg	12 %
SODIUM	549 mg	1084 mg	45 %
CARBOHYDRATE	13 g	25 g	8 %
SUGARS	2 g	5 g	—
FIBER	2 g	3 g	14 %
PROTEIN	5 g	11 g	—