

Easy Hawaiian Pizza

Serves 4

Preparation Time: 5 minutes; Cooking Time: 35 minutes

Total Cost: \$5.90

Cost per Serving: \$1.50

Ingredients:

- 1 cooked chicken fillet, skin removed & diced (100g)
- 8 slices wholemeal bread
- 70g tomato pasta sauce
- 250g can cubed-pineapples, drained
- 100g reduced-fat mozzarella, grated

Instructions:

- 1) Preheat oven to 160°C.
- 2) Flatten the bread with a rolling pin.
- 3) Line baking pan with baking paper/ aluminium foil. Place 4 slices of bread on the baking tray, Spread a thin layer of tomato pasta sauce over the wholemeal breads.
- 4) Top with pineapples, chicken and cheese.
- 5) Bake for 10 minutes or until cheese is melted.
- 6) Repeat the above steps for the remaining bread.
- 7) Serve hot.

Nutrient Analysis:

Nutritional Information (Per Serving)	
Energy	252kcal
Carbohydrate	30g
Protein	20g
Total fat	7g
Saturated fat	2g
Cholesterol	27mg
Dietary fibre	4g
Sodium	560mg

