

GREEN GOODNESS PIZZA



LifeShape Clinic

GREEN GOODNESS PIZZA

INGREDIENTS (SERVES 2)

1 x wholemeal pizza crust
(Pane Toscano Traditional
Pizza Base)
¼ cup passata
80g BBQ chicken breast,
shredded
1 small bag mixed leaves
(eg, kale, spinach, arugula)
1 small bunch asparagus
¼ cup frozen peas, thawed
25g goat cheese, crumbled
50g low-fat mozzarella,
grated
Small bunch fresh basil,
torn

METHOD

1. Place pizza crust on a nonstick baking tray and spread passata evenly over the base.
2. Arrange vegetables and chicken on the base and top with cheeses.
3. Bake in the oven for 20 minutes, or until the cheese has melted and base is crispy. Remove from the oven and sprinkle with basil before slicing and serving.

Nutrition Guide

PER SERVE

Energy (cal)	340cal
Protein	20g
Fat	10g
Saturated Fat	5g
Carbohydrate	40g
Sugar	8g
Sodium	800mg
Fibre	7g

1200

RECIPE VARIATION

Lunch Requirement: 270 - 300 cal
Meets Requirements: No
Recommendations: Increase serves to 3
Total Meal Calories: 295 cal

1500

Lunch requirement: 370 - 400 cal
Meets requirements: Yes
Total meal calories: 370 cal

For more recipes, visit lifeshape.com.au