

Pizza Makeover Domestic



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, using homemade pasta sauce, chicken, edam cheese
- Omitting the olives and adding zucchini, tomato, mushrooms and rocket



Ingredients- 4 serves

Original

2 whole	White pizza base 25cm
2/3 cup	Premade tomato sauce
10 slices	Salami
½ medium	Onion, sliced
1 ¼ cup	Cheese, tasty
1/3 cup	Olives

Makeover

2 whole	Wholemeal pita bread 26cm
½ can	Canned tomatoes
1 Tbsp	Tomato paste
½ medium	Onion, diced
4 cloves	Garlic, crushed
2/3 cup	Cooked chicken, shredded
½ medium	Onion, sliced
½ cup	Cheese, edam, grated
1 ½ medium	Zucchini, sliced
1 large	Tomato, sliced
1 cup	Mushroom, sliced
1 cup	Rocket or baby spinach

The pizza sauce was made using this recipe:
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	27.7g	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/>