

Snack



RECIPE

## Whole Wheat Vegetable Pizza

# Ingredients

- 1 whole wheat pizza base
- 1 tsp, oregano
- A pinch, salt
- 1 tsp, oil
- 2 tbsp, sliced onion
- 1 small bowl, sliced tomato (without seeds)
- 3 tbsp, chopped yellow capsicum
- 3 tbsp, chopped green capsicum
- 3 tbsp, chopped red capsicum
- 2 tbsp, finely chopped mushrooms
- 1 tsp, melted butter
- 1 tbsp, tomato ketchup
- 2 tbsp, paneer grated
- 2 tbsp, shredded mozzarella cheese

# Step by step

## **Cooking Instructions**

Preheat oven to 235 degrees C. Lightly grease a baking sheet.

Cook and stir sliced tomatoes, tomato ketchup, onion, oregano, salt in a saucepan over medium heat. Cook until sauce has thickened, 15 to 20 minutes in butter.

Take a whole wheat pizza base.

Spoon tomato sauce over the base. Sprinkle with mozzarella cheese; top with bell pepper, onion, and mushroom. Sprinkle mozzarella cheese again along with grated paneer over the top.

Bake in preheated oven until the crust is brown and crisp and the cheese has melted, approx. 20 to 25 minutes.

# Nutritional values

## 2-3 Year olds

<b>Energy</b>	<b>16.29 kcal</b>
<b>Protein</b>	<b>33.71% (RDA)*</b>
<b>Calcium</b>	<b>23.51% (RDA)*</b>
<b>Iron</b>	<b>12.69% (RDA)*</b>

## 4-5 Year olds

<b>Energy</b>	<b>12.79 kcal</b>
<b>Protein</b>	<b>40.57% (RDA)*</b>
<b>Calcium</b>	<b>23.51% (RDA)*</b>
<b>Iron</b>	<b>8.78% (RDA)*</b>

**\*Recommended dietary allowance**

## TIPS

- You can cut either in the form of small squares or strips so that it becomes easy to eat.
- You can also add shredded (boiled) chicken or diced paneer, if required.
- Instead of putting vegetables raw, you can sauté them in oil or butter along with herbs so that they become soft. It actually enhances the taste of pizza.