No waste pizza

Source of proteins, iron, calcium, vitamin D, fibres.



2	Pita bread, medium-sized	2
1 cup	Lentil and meat sauce	250 ml
1 cup	Vegetables of your choice (bell pepper, mushrooms, zucchini, broccoli, etc.)	250 ml
1 cup	Cheese, cheddar or mozzarella, grated	250 ml



Preparation

- 1. Preheat the oven to 400° F (200° C)
- Spread the sauce over the pita bread.
- 3. Add vegetables of your choice. Sprinkle with cheese.
- 4. Bake for about 10 minutes or until cheese is golden.



- 1. No pita bread? Use tortillas or Naan.
- 2. Use whatever tomato sauce you have at home and add sources of protein of your choice, such as chicken, ham, canned tuna, etc.

BALANCED FOOD PLATE

Vegetables (salads, soups, etc.)



Meat, milk and their alternatives (fish, legumes, cheese, etc.)





Founded in 1879, the Montreal Diet Dispensary is Quebec's leader in social nutrition for pregnant women in difficulty. Each year, the Dispensary helps on average 1,000 of these women in the Greater Montreal to give birth to healthy babies and to foster optimal development of their children. Our innovative interventions in nutrition counselling, perinatal and social support, and community development help families feel empowered.