

# No waste pizza

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



## Ingredients

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)
2. 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.



## Tips

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.) ●
- Grain products and starches (rice, pasta, bread, etc.) ●
- Meat, milk and their alternatives (fish, legumes, cheese, etc.) ●

