

Veggie Packed Pizza

Serves: 6

Prep time: 10 minutes

Cook time: 15 minutes



1 ½ serves per portion

Ingredients

1 tablespoon polenta (cornmeal)

1 cup natural yoghurt

1 ½ cups self-raising flour

½ tablespoon olive oil

½ cup pizza sauce

½ cup leftover roast vegetables (e.g., potato, sweet potato, pumpkin), thinly sliced

¼ medium red onion, thinly sliced

½ cup red or green capsicum, thinly sliced

½ medium zucchini, thinly sliced

½ cup mushroom, sliced

½ cup spinach or basil leaves

½ cup mozzarella or reduced fat cheddar, grated



Everyday Food

Method

PREHEAT oven to 230°C. Line two baking trays with baking paper and sprinkle polenta over the top of each.

COMBINE yoghurt and flour in bowl until they just come together.

KNEAD on a well-floured surface until smooth, add more flour if too sticky. This may take up to 10 minutes. Rest the dough for 5 minutes.

SHAPE the dough into two (round or square) pizza bases.

PLACE bases on trays and brush with olive oil. Spread pizza sauce evenly over dough.

TOP with a selection of vegetables.

SPRINKLE with cheese and bake for 10-15 minutes each.

Recipe courtesy of Judy Stubbs, Maleny Branch