

Easy Egg Pita Pizzas



Preparation time: 15 mins
Serves: 4 people
User Rating: ★★★★★

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Ingredients

- 4 wholemeal pita breads (19cm)
- 2/3 cup salt reduced pizza sauce
- 125g salt reduced shaved ham, chopped
- 225g can pineapple pieces, drained
- 3/4 cup grated tasty cheese
- 4 eggs

Method

1. Preheat the oven to 180C.
2. Place the pita bread onto 2 oven trays. Spread with pizza sauce, and arrange the ham, pineapple and cheese onto the pita, leaving about an 8cm round space in the centre.
3. Carefully break an egg into the centre of each pizza. Bake for 15 minutes, until the egg has set and the base is crispy. Serve with salad.

Notes

Pizzas can be cooked on a covered BBQ (moderate heat) if you like.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
211g	1310kj 313kcal	23.5g	13.2g	5.9g	21.4g	8.5g	780mg	4.4g

All nutrition values are per serve.