

Pizzas

Choose your favourite base and use these ideas to create your masterpiece. If using uncooked pizza crust, cook according to package instructions.

Tex-Mex Pizza

- 2 tsp (10 mL) canola oil
- 3/4 lb (375 g) extra lean ground beef
- 2 1/2 Tbsp (30 mL) taco seasoning mix
- 1/3 cup (75 mL) water
- 4 (6-7"/15-18 cm) whole wheat pita breads
- 1/4 to 1/3 cup (50 mL to 75 mL) taco sauce
- 1 cup (250 mL) shredded tex-mex cheese
- 1/2 cup (125 mL) diced fresh tomatoes
- 1/2 cup (125 mL) shredded lettuce
- 1/2 cup (125 mL) guacamole (your own or store-bought), optional
- 1/4 cup (50 mL) sour cream, optional

Heat oil in a large frying pan over medium-high heat. Add beef and cook, stirring, for about 5 minutes or until lightly browned. Add seasoning and water and stir until combined. Cook for about 5 minutes or until thickened; cool slightly.

Preheat oven to 475 F (230 C) Place pita bread on two baking sheets. Spread taco sauce over each pita bread. Top with meat and sprinkle with cheese. Bake in preheated oven for about 10 minutes or until bread is golden brown and crisp. Top pizzas with remaining ingredients in order given. Serves 4.

Thai Chicken Pizza

- 4 (6-7"/15-18 cm) whole wheat pita breads
- 1/4 (50 mL) cup bottled satay peanut sauce
- 1 cup (250 mL) diced cooked chicken
- 1/2 cup (125 mL) diced red pepper
- 1/2 cup (125 mL) pineapple tidbits, drained
- 1 cup (250 mL) shredded Canadian mozzarella or pizza blend cheese
- 2 Tbsp (25 mL) chopped fresh cilantro
- lime wedges, optional

Preheat oven to 475 F (230 C) Place pita bread on two baking sheets. Spread satay sauce over each pita bread. Top with chicken, pepper, pineapple and cheese. Bake in preheated oven for about 10 minutes or until bread is golden brown and crisp. Top pizzas with cilantro and serve with lime wedges if desired. Serves 4.

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Sweet and Sour Pizza

- 1 x 12" (30 cm) ready-made thin crust base
- 1/4 cup (50 mL) bottled sweet and sour sauce
- 1/2 cup (125 mL) diced red pepper
- 1/2 cup (125 mL) pineapple tidbits, drained
- 1/4 cup (50 mL) thinly sliced white or red onion
- 1/2 cup (125 mL) diced cooked ham
- 1 cup (250 mL) shredded Canadian mozzarella or pizza blend cheese

Preheat oven to 475 F (230 C) Place pizza base on large baking sheet. Spread sauce over pizza base. Top with ingredients in order given. Bake in preheated oven for about 15 minutes or until base is golden brown and crisp. Serves 4.

Bacon, Tomato and Onion Pizza

- 1 x 12" (30 cm) ready-made thin crust base
- 3 Tbsp (40 mL) pizza or pasta sauce
- 2 Tbsp (25 mL) sweet chili sauce
- 1/2 cup (125 mL) chopped back bacon
- 1/3 cup (75 mL) thinly sliced white or red onion
- 3 small (or 1 large) ripe tomatoes, sliced
- 1 cup (250 mL) shredded Canadian mozzarella or pizza blend cheese

Preheat oven to 475 F (230 C) Place pizza base on large baking sheet. Spread pizza sauce and sweet chili sauce over pizza base. Top with ingredients in order given. Bake in preheated oven for about 15 minutes or until base is golden brown and crisp. Serves 4.

Spinach and Chicken Pizza

- 4 (6-7"/15-18 cm) whole wheat pita breads
- 1/2 cup (125 mL) pizza or pasta sauce
- 1 cup (250 mL) diced cooked chicken
- 1 cup (250 mL) baby spinach leaves, packed
- 2/3 cup (150 mL) coarsely crumbled Canadian feta cheese
- 1 cup (250 mL) shredded Canadian mozzarella or pizza blend cheese

Preheat oven to 475 F (230 C) Place pita bread on two baking sheets. Spread sauce over each pita bread. Top with ingredients in order given. Bake in preheated oven for about 10 minutes or until bread is golden brown and crisp. Serves 4.