

## Recipe 1 – Pizza pitta faces

**Serves: 4 adults**

**Preparation: 5 minutes**

**Cooking: 5 minutes**

Ingredients to put on your shopping list:

- 4 wholemeal pitta breads
- 4 teaspoons tomato puree
- 1 teaspoon dried mixed herbs
- 8 thin cucumber slices
- 6 cherry tomatoes, halved
- 1 yellow or red pepper, deseeded and sliced crossways
- 40g reduced fat cheese, grated

How to make your pizza pitta faces:

Step 1. Preheat the grill

Step 2. Spread 1 teaspoon of tomato puree over one side of each pitta bread. Sprinkle with the dried mixed herbs.

Step 3. Arrange the cucumber and halved tomatoes on the pittas to resemble 'eyes', halved tomatoes for the 'noses', the sliced pepper to look like 'eyebrows' and 'mouths', and the grated cheese for 'hair' or 'beards'. Place on the grill rack.

Step 4. Grill for 4-5 minutes. Cool for a few moments, then serve.

If you prefer, cook these in an oven preheated to 180 degrees for 8-10 minutes.