

## Fast Mini Pizza

Serves one

### Base Recipe

3 tbsps tomato paste  
Pinch oregano  
3 tbsps reduced fat cheese or mozzarella cheese  
2 bread roll or muffin halves, or 2 small pita breads as base

### Method:

1. Toast one side of base.
2. On untoasted side, spread tomato paste, add toppings, sprinkle with oregano and grated cheese.
3. Place under grill until cheese melts and is golden.
4. Serve with tossed salad.

### Toppings - choose:

1 slice chopped ham  
Fresh tomato, chopped  
1/2 onion, chopped  
Diced pineapple rings  
Sliced mushrooms  
Sliced capsicum