Dinner

Roasted Pumpkin and Kale Pita Pizza

Crisp pita bases are spread with a slow-simmered cherry tomato sauce and piled with roasted pumpkin, zucchini ribbons and shredded kale. A scatter of ricotta, toasted pine nuts and fresh basil finishes each pizza.



Vegetarian

70 min	315	39.1 g	9.3 g
time	calories	carbs	sugars

Ingredients, 2 servings

- [ ] 100 g butternut pumpkin, sliced thinly
- [ ] cooking-oil spray
- [ ] 2 teaspoons olive oil
- [ ] 1 small brown onion (80g), chopped finely
- [ ] 1 clove garlic, crushed
- [ ] 250 g (8 ounces) cherry tomatoes, quartered
- [ ] 2 tablespoons finely chopped fresh basil leaves
- [ ] 2 x 67g (2-ounce) wholemeal pita pockets
- [ ] 1 small zucchini (90g), sliced into ribbons
- [ ] 100 g kale, trimmed, shredded
- [ ] ¼ cup (60g) reduced-fat ricotta, crumbled
- [ ] 1½ tablespoons pine nuts, toasted
- [ ] 2 tablespoons small basil leaves, extra

Nutrition Facts

Per serving

Calories	**315**
Total fat	15.3 g
Saturated fat	Not listed
Sodium	434 mg
Total carbs	39.1 g
Fiber	10.5 g
Total sugars	9.3 g
Protein	14.6 g

Method

- [ ] 1 Heat the oven to 200°C and line two oven trays with baking paper.
- [ ] 2 Lay the butternut pumpkin slices on one tray, mist them with the cooking-oil spray, and bake for 20 minutes until softened.
- [ ] 3 Warm the olive oil in a medium saucepan over medium heat and cook the chopped brown onion with the garlic, stirring, for 4 minutes until softened.
- [ ] 4 Stir in the quartered cherry tomatoes, bring to the boil, then simmer uncovered over low heat for 10 minutes until thickened, and finish by stirring in the chopped fresh basil leaves.
- [ ] 5 Lay the wholemeal pita pockets on the second tray and spread each one with the tomato mixture.
- [ ] 6 Arrange the roasted pumpkin, zucchini ribbons and shredded kale over the bases, then bake for 15 minutes until crisp.
- [ ] 7 Scatter the crumbled reduced-fat ricotta, toasted pine nuts and the extra small basil leaves over the pizzas before serving.

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