

Veggie Pizza Bites



15
YEARS

V / GF

Children enjoy building these tasty little snacks that can also be served as a side vegetable. Adults love them too!

Makes: 4 snack sized portions • Preparation time: 25 minutes

Ingredients

- 1 tbsp olive oil
- 1 large courgette or 1 small butternut squash
- 2-3 tbs tomato puree
- 100g [mini mozzarella balls](#) / [feta cheese](#) / [cheddar](#)
- Dried oregano or Italian dried mixed herbs

Equipment

- Baking tray
- Pastry brush
- Measuring spoons
- Knife
- Spoon
- Table knife
- Grater

Allergy information

Cheese (dairy): Swap out for a dairy free cheese, these are readily available in most supermarkets

Method

1. Preheat the oven to 200°C (Gas mark 6). Brush a baking tray with a little olive oil.
2. If using courgette, wash and dry the courgette. Then cut each end off (discard). Cut the courgette into thick (approx 1.5cm) slices.
3. If using a squash, wash and dry the squash. Then cut each end off (discard). Cut the squash in half at the point where the round bulbous end straightens out. Cut the straight piece of the squash into approx 1.5cm slices. Use a spoon to scoop out the seeds from the round piece and put to one side (see tip for info).
4. Place slices on the baking tray and brush with the rest of the oil.
5. Bake in the oven for 8-10 minutes. Turn all the slices over and spread a thin layer of tomato puree on each piece.
6. Add one mozzarella ball to each slice, a piece of feta or a teaspoon of grated cheddar and sprinkle with the herbs.
7. Bake in the oven or grill, until the cheese is melted and the slices are cooked through.
8. Leave to cool for a few minutes before serving, they'll be VERY hot straight from the oven!

Top tips

- Use the seeds to make a healthy roasted snack (you could even add chilli flakes to spice it up!)
- Chop, boil and blend leftover vegetables to make a delicious, warming soup

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