



**re:fresh**  
your health and wellbeing  
**RECIPES**

## EASY PIZZA BAGUETTES

**20 MINS TO PREPARE AND  
10 MINS TO COOK**

**SERVES 2**

### INGREDIENTS

200g tomatoes, canned (or same amount of fresh tomatoes, skinned & chopped)

½ clove garlic, crushed

1 fresh basil leaf

1 wholemeal baguettes or equivalent

½ tablespoon olive oil, optional

2 tablespoon reduced fat cheddar cheese/grated

Mixed peppers – fresh, frozen or tinned.

### Optional toppings

Sweet corn, mushrooms, onions, pineapple etc, or cooked meats.

### METHOD

1. Separate the clove of garlic from the bulb and remove the outer layer. Chop finely or crush.
2. Fresh peppers – Slice off the top and scoop out the seeds and discard. Slice up the remaining pepper finely.
3. Grate the cheese.
4. Chop up the basil leaf as finely as possible.
5. Preheat the oven to 180c/350F/gas mark 4.
6. Mix the tomatoes, garlic and basil together and heat gently in a saucepan.
7. Split the baguettes and spread the tomato mixture onto the surfaces.
8. Drizzle with a little olive oil, if desired.
9. Sprinkle with grated cheese.
10. Add the peppers and any desired chopped vegetables.
11. Bake in the oven for around 10 minutes or until the cheese has melted and the bread is hot and crisp.