

How to Build Easy Veggie Pizzas

In 6 Simple Steps

A balanced, plant-forward meal that's ready in a snap! A flatbread-style pizza base, topped with your choice of veggies, protein foods, including a sprinkle of cheese, is a simple, satisfying, and nourishing meal. Build your pizza your way. We've included suggestions; choose ingredients you enjoy.

1. START BY CHOOSING YOUR GRAIN BASE

- Whole wheat pita
- Small pizza shells
- Whole wheat naan
- Flatbread

2. CHOOSE AND CHOP YOUR VEGGIES

- Grape tomatoes
- Cucumber
- Red onion
- Red pepper
- Grilled zucchini
- Roasted sweet potato
- Mushrooms

3. PICK YOUR PROTEIN FOODS

- | | |
|---|---|
| <ul style="list-style-type: none">• Cheese
(e.g., Mozzarella, Cheddar, Swiss, Feta)• Lean meat• Poultry | <ul style="list-style-type: none">• Bean spread
(e.g., hummus, black bean spread)• Chickpeas• Black beans |
|---|---|

4. SELECT OIL & SOME SEASONINGS

- Oil (e.g., canola oil)
- Lemon juice
- Vinegar
(e.g., cider, red wine)
- Fresh or dried herbs
(e.g., cilantro, parsley)
- Minced garlic

5. ASSEMBLE YOUR PIZZA

To your grain base, add your bean spread, layer on your veggies and protein foods, including cheese on top. Then drizzle oil and sprinkle on seasonings.

6. BAKE IT!

Bake your pizza in a 450 °F (230 °C) oven for 5 minutes or more (depending on your base), until base is crisp, and cheese is melted.



TIP

Mix and match plant and animal protein foods; each provides unique nutrition and health benefits. In this pita pizza, cheese is a complete protein that provides highly absorbable calcium, while the chickpeas provide fibre for gut health.

GOOD TO KNOW

Canadian dairy farmers have committed to reaching net-zero greenhouse gas (GHG) emissions by 2050. To get there, farmers are making efforts to reduce emissions and sequester carbon in their landscape to offset the remainder.

YOUR DIETITIAN:

Name: Organization:
Contact:

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