

HOMEMADE SALMON, AVOCADO AND ARUGULA PIZZA

Preparation Time: 10 – 15 minutes depending on the amount

Cooking Time: 10 – 15 minutes depending on the amount

Cooking Temperature: 400° Fahrenheit

Serving Size:	Serves 2	Serves 4	Serves 6	Serves 8
Ingredients:				
Pita bread, wholegrain	2 Small	4 Small	6 Small	8 Small
Olive oil	2 tsp.	4 tsp.	6 tsp.	8 tsp.
Garlic, finely chopped	1 Clove	2 Cloves	3 Cloves	4 Cloves
Mozzarella cheese, grated	½ Cup	1 Cup	1 ½ Cups	2 Cups
Cherry tomatoes, quartered	4 Medium	8 Medium	12 Medium	16 Medium
Salmon, sliced	8 Slices	16 Slices	24 Slices	32 Slices
Avocado	½ Small	1 Small	1 ½ Small	2 Small
Arugula leaves, washed	¼ Cup	½ Cup	¾ Cup	1 Cup
Balsamic vinegar	To taste	To Taste	To Taste	To Taste
Black pepper, freshly ground	To taste	To Taste	To Taste	To Taste

Note: For the best results, ingredients should be measured as descriptions of the amounts may vary for different food items.

Instructions:

- Preheat the oven.
- Rub the top surfaces of the pita bread with the chopped garlic and olive oil.
- Put the pita bread (which will serve as the pizza bases) on a baking sheet, top with the mozzarella and tomatoes and bake in a preheated oven for 10-15 minutes until the pita is golden.
- Top the pizzas with slices of salmon, avocado and arugula leaves, season to taste with freshly ground black pepper and balsamic vinegar and serve immediately.

Tips to Reduce Preparation & Cooking Time:

- Buy already crushed garlic.
- Buy already grated mozzarella cheese.
- Buy already sliced salmon.

Homemade Salmon, Avocado, and Arugula Pizza - Analysis per Serving	
Energy:	
Calories (kcal):	364
Protein (g):	17.1
Total Fat (g):	23.6
Saturated Fat (g):	6.6
Monounsaturated Fat (g):	11.8
Polyunsaturated Fat (g):	2.3
Omega-3's (g):	0.8
Cholesterol (mg):	42.0
Carbohydrates (g):	26.0
Of which is sugars (g):	0.5
Fiber (g):	3.4
Sodium (mg):	548.0