

Let's get cooking with



Healthworks
the community health charity

Chicken and sweetcorn pizza

What you need:

- 225g Self raising flour
- 25g Low fat soft cheese
- 200ml skimmed milk
- 1 cup shredded cooked chicken
- 1/2 tin sweetcorn (drained)
- 1-2 tbsp. tomato puree
- 1 cup grated mozzarella cheese



How to prepare:

1. Mix the flour and cheese in a bowl.
2. Add the milk and mix into a dough.
3. Make into a ball and roll out 0.5cm thick, roll and place on a baking tray.
4. Add your tomato puree and spread to the edges with back of a spoon
5. Add shredded cooked chicken and sweetcorn
6. Top with grated cheese
7. Cook in the oven for 20 minutes at 200 degrees.

Substitute as necessary if you have an allergy to any of the ingredients

Enjoy!

From the Community Skills Team
www.healthworksnewcastle.org.uk