

# Spicy Margarita Bruschetta Pizza

## Healthy Cooking



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### WHAT MAKES IT MEANINGFUL

We all know that we need to eat healthy and live a healthy lifestyle in order to live a long and happy and healthy life, but we usually think its at the cost of eating delicious food. Healthy Cooking doesn't have to be bland or tasteless. On the contrary! It can be super delicious, super nutritious and super satisfying! Don't believe the hype? Try this recipe and be the judge for yourself! I dare you! I double-dog dare you! With these recipes you will see that it fits most people's diets including those who need to follow the DASH (Dietary Approaches to Stop Hypertension) diet. Usually reserved for people who are living with diabetes, stroke, hypertension, or for those who just want to lose weight to better their mental and physical health, you will see how easy it is to eat healthy and eat deliciously at the same time. These recipes can also be flexible for those who have allergies. Healthy Substitutions are always welcomed! With that, bon appetite, buen provecho, salud, and enjoy!

### TIME

Prep Time – 25 minutes  
Baking Time – 15-25 minutes

### INGREDIENTS

- Tomato sauce (Fortinos - eat wholesome food co. Tomato strained)
- Basil
- Chilli flakes (optional)
- Garlic
- Salt
- Black pepper
- Pita/Naan bread (Fortinos - lowest fat content - cedar bakery Lebanese style Pita bread)
- Extra virgin olive oil
- Balsamic vinaigrette
- Quark cheese (Fortinos - MC Dairy Quark Cheese skim organic grass fed)



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## INSTRUCTIONS

### Tomato Sauce

- In a blender add half a jar of tomato sauce, salt and black pepper, 8 cloves of garlic, 15 large basil leaves, tablespoon full of chilli flakes, 3/4 of a medium onion, 3 table spoons of extra virgin olive oil, and salt and pepper. Blend until the sauce is smooth. Dice one tomato and add it to the sauce. Mix in thoroughly.

### Bruschetta

- Dice 1 tomato per person, dice 1 medium onion, mince 5 garlic cloves, mince 15 large leaves of basil, 1 tablespoon of chilli flakes, add 2 tablespoons of extra virgin olive, and two tablespoons of balsamic vinaigrette. Mix all ingredients together thoroughly.

### Putting it all together

- On the flat bread/pita/naan bread, add a spray of extra virgin olive oil, cover the bread with the pizza sauce, add the quark cheese on top but don't cover the surface up, add basil leaves on top, add the bruschetta on top on the cheese and basil. On a baking pan, add tin foil. Add a spray of extra virgin olive oil and set the oven to 425. Place pizza on the baking pan with tin foil. Once oven is at 425, place pizza in oven. Take out when the cheese is melted.

## RESOURCES

Nutritional Facts found on the United States Department of Agriculture (USDA) and Canadian Nutrient File (CNF) website: <https://fdc.nal.usda.gov/> and <https://food-nutrition.canada.ca/cnf-fce/index-eng.jsp>

DASH Diet Guide was found on the Mayo Clinic website at: <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/dash-diet/art-20048456>

## SUPPORTS NEEDED

This activity can be done independently, in pairs or with a group.

## OTHER THINGS TO NOTE:

Servings: 1

Carbohydrates: 41g

Calories: 270

Total Fat: 2g

Saturated Fat: 1g

Sodium: 310mg

Cholesterol: 7mg

Proteins: 21g