



Matzah Pizza

Ingredients:

- 4 pieces of Matzah
- 1 cup tomato sauce, no sugar added
- 1 cup shredded cheese, mozzarella works well
- Veggies of choice: mushrooms, onions, tomatoes, bell peppers, olives, etc

Directions:

1. Preheat oven to 350 F; Line a baking sheet with parchment paper
2. Spread a thin layer of tomato sauce on each piece of matzah
3. Cover with shredded cheese
4. Wash and cut vegetables of your choosing; Place on top of cheese
5. Bake for 5-10 minutes until cheese is melted

Cookware needed:

- Baking sheet
- Cutting board
- Serving plates



Cost: 

Ease:



Tomato sauce contains lycopene, a potent antioxidant that promotes overall health and decreases the risk of chronic diseases and cancer. Cheese contains protein and calcium to maintain strong and healthy bones. Vegetables contain fiber to promote overall bowel health.