

Mushrooms and Artichoke Hearts Pizza Topping (Vegan, Gluten-Free, Nut-Free, Soy-Free)

This recipe was created by chef Dick Mieli and published in the January 2008 issue of Foods Matter. Use it to top your favorite pizza crust (wheat-based or gluten-free) or give this whole wheat crust a try.

MUSHROOMS AND ARTICHOKE HEARTS

Wheat, gluten, corn, soya, dairy, nightshade & nut free; vegan

The lemon juice is not essential - just adds a little bite! 2 tbsp olive oil

150g chestnut or button mushrooms, wiped and sliced

6-8 tinned artichoke hearts, drained and quartered

juice 1 small lemon (optional)

sea salt and freshly ground black pepper

Heat the oil in a heavy, deep pan and briskly fry the mushrooms for 3-5 minutes or until the juices run. Spoon them over the pizza base.

Arrange the artichoke heart quarters over the top, squeeze over the lemon juice if you are using it and season generously with sea salt and freshly ground black pepper.

Bake for 15 minutes in a hot oven. SERVES 6 - PER PORTION

55cals - 2g protein

5g total fat - 0.5g sat / 2.7g mono / 0.4g poly

3.5g carbohydrate of which 0.8g sugar

1.6g fibre - 1mg sodium / 0.003g salt

2mg calcium