

1 Greek Chicken Pizza



Canola oil	45 ml	3 tablespoons	40 g
Eggplant, thinly sliced	1		550 g
Onions, coarsely chopped	3		450 g
Tomato sauce	375 ml	1 ½ cups	325 g
Pita bread (whole wheat)	5		985 g
Diced chicken meat, fully cooked (816-8347)	2 lbs.		900 g
Feta cheese, crumbled	160 ml	¾ cup	105 g
Italian tomatoes, sliced	5		365 g
Black olives, pitted and sliced	160 ml	¾ cup	95 g
Pepper	To taste		
Basil	45 ml	3 tablespoons	35 g

- : 10
- : 15 minutes
- : 10 to 12 minutes
- : yes

Nutrition Facts	
For 1/2 pizza (205 g)	
Amount	% Daily Value
Calories 380	
Fat 11 g	17%
Saturated 2.5 g + trans 0.2 g	14%
Polyunsaturated 2 g	
Omega-6 1.5 g	
Omega-3 0.4 g	
Monounsaturated 3.5 g	
Cholesterol 80 mg	27%
Sodium 690 mg	29%
Potassium 360 mg	10%
Carbohydrates 36 g	12%
Fibre 6 g	24%
Sugar 4 g	
Protein 34 g	
Vitamin A 40 RE	4%
Vitamin C 2 mg	4%
Calcium 78 mg	8%
Iron 3.3 mg	25%
Phosphorus 143.5 mg	15%

- 1 Preheat oven to 260 °C (500 °F).
- 2 Heat Canola oil in a pan and fry eggplant slices for 2 minutes on each side.
- 3 Add onions and cook on low heat. Set aside.
- 4 Spread tomato sauce on pita bread, add eggplant slices and onions, chicken, cheese and Italian tomatoes.
- 5 Garnish with olives, pepper and basil.
- 6 Cook in preheated oven for 10 to 12 minutes.
- 7 Serve with a large chef's salad.

Chef's Remarks

replacement products: if you don't have any diced chicken available, you may add small meatballs made of ground pork (97262), ground turkey (97272) or even ham (25204).

Canada's Food Guide Portions

1 ½ servings of vegetables and fruit + 1 serving of grain products + ¼ serving of milk and alternatives + 1 ¼ servings of meat and alternatives.

Olymel Product Allergens

*Contains : none

Food Exchange System

1 serving of starch + 4 servings of vegetables + 3 servings of meat and alternatives + ½ serving of fat.

*Verified allergens : peanuts, nuts, sesame seeds, milk, egg, grain containing gluten (wheat, barley, rye, oats, spelt, Kamut, triticale), soy (excluding refined soybean oil), fish, crustacea, mollusks, sulfite (max. 10 ppm). (Source: CFIA)