

Smoked Salmon Pitta Pizza, 194 calories *



Prep time: 5 minutes Cook time: 10 minutes Total time: 15 minutes

- 1 pitta: Weight Watchers - White Pitta Bread (106 cal)
- 1 Tablespoon Philadelphia Cream Cheese - Low Fat - Chive and Onion - Low Fat Cream Cheese Chive and Onion, (35 cal)
- 25 g Smoked Salmon Slices (29 cal)
- 1/4 red onion, peeled and finely diced (8 cal)
- 1 teaspoon capers, drained (1 cal)
- Lamb's lettuce leaves, about 40g (11 cal)
- Fresh or dried dill (3 cal)
- 1 lemon wedge (1 cal)

Step 1 Preheat the oven to 180C/160C Fan/Gas Mark 4.

Step 2 Spread the pitta bread with the low-fat cream cheese then top with the smoked salmon pieces. Scatter the chipped red onion over the top and then the capers.

Step 3 Bake for 10 minutes, or until the pitta bread is golden and crispy around the edges.

Step 4 Serve immediately with lemon wedge, and fresh chopped dill (or a little dried) as well as some fresh lamb's lettuce (mâche) leaves.

