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Gluten Free Hawaiian Whole Grain Pizza Fingers

Recipe created by Stephanie Clairmont, MHSc, RD at The Clairmont Digestive Clinic courtesy of Udi's Gluten Free

Looking for some lunch box inspiration? These delicious and easy to prepare, gluten free Hawaiian Whole Grain Pizza Fingers are sure to be a back-to-school favourite for both you and your family. Fill your children's lunch boxes with these fun, mini sandwiches knowing that they'll be fueling themselves with a midday meal that is both healthy and delicious.



Ingredients

¼ cup	gluten-free pizza sauce	60 ml
4	slices <i>Udi's Gluten Free Whole Grain Bread</i>	4
¼ cup	shredded mozzarella cheese	60 ml
2 Tbsp.	chopped fresh pineapple, drained	30 ml
2 Tbsp.	diced ham	30 ml

Olive oil, margarine, or butter to coat pan.

Directions

Spread 1 tablespoon of pizza sauce on one side of a bread slice. Top with half the cheese, pineapple, and ham and place another bread slice on top. Lightly coat a non-stick frying pan with olive oil, margarine, or butter and warm over medium heat. Add the sandwich and cook for 3 to 4 minutes per side or until golden brown, flipping once. Transfer to a plate and make the second sandwich with the remaining ingredients. Slice each sandwich into four "fingers" and serve with the remaining pizza sauce on the side for dipping.

Note from the Kitchen: Allow sandwiches to cool completely before packing for lunch to prevent sogginess.

Makes 2 servings

For additional gluten-free recipes, visit: www.udisglutenfree.com

Andrea Holwegner, known as the Chocoholic Dietitian, is founder and president of Health Stand Nutrition Consulting Inc., a member of the Canadian Association of Professional Speakers and a media expert for the Dietitians of Canada. For nutrition counselling information and to sign up for a free monthly newsletter loaded with nutrition tips, recipes and more visit www.healthstandnutrition.com. Twitter @chocoholicRD.

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