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Lunch

BBQ PIZZA

- 4 ounces tomato paste
- 1 cup barbecue sauce (see E2-Approved Foods)
- 2 teaspoons dried oregano
- 2 Kabuli crusts
- 1 small red onion, sliced
- 1 red bell pepper, seeded and sliced
- 2 handfuls fresh spinach
- 1 jar pineapple chunks, drained
- ½ cup finely ground cashews

Preheat oven to 425°. Mix the tomato paste, barbecue sauce, and oregano together in a bowl. Generously spread the sauce on the crusts, and layer with the vegetables and pineapple. Top with the cashews. Bake on a sprayed cooking sheet or pizza stone for 15 minutes.

Variation:

For Fire Cadets during Week One. Add cooked chicken to the pizza before baking.