**Hawaiian Pizza**

**Produce**

yellow onion (if needed)

red or green leaf lettuce (if needed)

cucumber(if needed)

cherry tomatoes(if needed)

6 oz.  fresh pineapple spears (if available - if not use canned)

**Canned/Dried Foods**

one 8 oz. can pineapple rings (if no fresh available)

low-sodium vegetable broth (if needed)

good olive oil (if needed)

balsamic vinegar(if needed)

Dijon mustard (if needed)

**Frozen Foods**

frozen pizza crusts

**Meat/Fish/Poultry**

6 oz. sliced Canadian Bacon(if eating meat)

**Chilled Foods/Dairy**

shredded Parmesan cheese (if needed)

shredded Mozzerella

Meatless Canadian Bacon or Ham(if eating meatless)