

Garden Stuffed Focaccia

Skill Level: *

Preparation Time: 20 minutes

Total Time: 40 minutes

Servings: 8

Cost Per Serving: \$1.16

Ingredients

1	Pizza Dough (store bought or use premade pizza crust)
2 cups	Swiss Chard or Spinach, roughly chopped
1 medium	Zucchini, thinly sliced
1 cup	Mushrooms, sliced (optional)
8	Fresh Basil leaves
1 cup	Cottage Cheese or Ricotta
½ tbsp	Dry Oregano
2 tbsp	Olive Oil
½ tsp	Sea Salt and Freshly Ground Black Pepper

Nutrition Notes

- After surgery to treat pancreatic cancer, you might find some foods and beverages more difficult to digest. Each person will be different in what they can and can't eat. Speak to a dietitian for individualized suggestions on what to eat to meet your nutrition needs and help manage side effects.
- Right after your surgery, your doctor will prescribe a clear fluid diet for a few days (clear fluids include items such as water, clear broth, jello and juices). Once you are tolerating that, you can transition back to eating solid foods and other liquids.
- It's best to start by having smaller, more frequent meals rather than large meals. You may find that you feel full very quickly, so it helps to choose small meals and snacks that are higher in calories and protein throughout the day. Most people will need 6-8 small meals a day. Planning these meals and snacks ahead of time can help you avoid the stress of making decisions about what to eat throughout the day.
- When you have a small appetite, high fibre foods can fill you up too quickly. Choose lower fibre options such as white bread and pasta and lower fibre vegetables such as peeled zucchini and mushrooms.

Directions

1. Preheat the oven to 425 degrees F.
2. Place a medium sauté pan over medium heat. Add 1 tbsp of olive oil.
3. Add zucchini and mushrooms. Cook for 3 minutes stirring gently. Add the Swiss chard, season with salt and pepper. Cover with a lid and cook for another minute until the Swiss chard has wilted. Set aside to cool.
4. Roll out the pizza dough on a floured surface until about a ¼ inch thick. Cut in half. Place on a baking sheet lined with parchment paper.
5. Layer one side of the dough with the cooked Swiss chard mixture and top with the cheese. Add some basil leaves on top of that.
6. Add the other half of the pizza dough on top to cover and pinch the ends of the dough together to seal. Sprinkle the top with some oregano and remaining olive oil.
7. Bake for about 15 to 20 minutes until golden brown.
8. (For storage) Cut into small squares and place flat inside a freezer bag and freeze.

Nutrition Facts	
Valeur nutritive	
Serving Size (122 g) / Portion (122 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 110	
Fat / Lipides 6 g	9 %
Saturated / saturés 1.5 g	8 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 10 mg	
Sodium / Sodium 370 mg	15 %
Carbohydrate / Glucides 12 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 2 g	
Protein / Protéines 6 g	
Vitamin A / Vitamine A	4 %
Vitamin C / Vitamine C	20 %
Calcium / Calcium	8 %
Iron / Fer	10 %