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Pita Pizzas

Ready In: 18 minutes

Serves: 4

This recipe is a great way to get your kids to help in the kitchen and use leftover veggies!

Ingredients

- » 4 Pita Bread *whole wheat*
- » 1 cup Part-skim Mozzarella Cheese *shredded*
- » 1 cup Tomato Sauce *low-sodium* or 1 cup Pizza Sauce
- » 1 cup Vegetables *diced (such as bell peppers, broccoli, mushrooms, olives, pineapple, onions, tomatoes, asparagus, zucchini, etc.)*

What you'll need

- » Measuring cups
- » Baking sheet
- » Sharp knife
- » Oven or toaster oven
- » Aluminum foil

Directions

1. Preheat oven or toaster oven to 425°F. Line baking sheet with foil for easy cleanup.
2. Place the pitas on a baking sheet for assembly. Spread the tomato sauce on the pita leaving room for crust.
3. Sprinkle with cheese and add the toppings.
4. Cook pizzas in the oven for 5-8 minutes, or until cheese is melted.
5. Let cool for a minute before eating.

Chef's Tips

- » Use leftover veggies to cut down on prep time.



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Nutrition Facts	
Serving Size 1.00	
Serving Per Container 4	
Amount Per Serving	
Calories 213	
	% Daily Value*
Total Fat 6 g	8%
Saturated Fat 3 g	15%
Sodium 460 mg	20%
Total Carbohydrate 32 g	12%
Dietary Fiber 6 g	21%
Protein 13 g	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	