



GREEK PITA PIZZAS

Final Lifestyle

Ingredients

6 oz. lean ground beef
1/4 cup finely chopped onion
2 cloves garlic, minced
1 8-oz. can tomato sauce
1 TSP snipped fresh rosemary
2 6-inch whole wheat pita bread rounds, split horizontally and toasted*
½ cup shredded part-skim mozzarella cheese (2 oz.)
½ cup shredded fresh spinach
1 small tomato, chopped
1/4 cup crumbled Feta cheese
12 pitted ripe olives, quartered

Instructions

1. Preheat oven to 400°.
2. In a nonstick skillet, cook beef, onion, and garlic until meat is brown; drain off the fat.
3. Stir in sauce and rosemary. Bring to boiling. Reduce heat. Simmer for 2 minutes.
4. Top the pita rounds with meat mixture and mozzarella cheese. Bake for 2-3 minutes more or until cheese is melted. Top with spinach, tomato, Feta cheese, and olives. Serve warm

Portion-Per-Serving Information (Serves 4):

1 serving = 1 pizza round = 1 P, 1 V, ½ G

*A good alternate to pita are the Arnold's Sandwich Thins.