



PITA PIZZA

Intermediate Lifestyle

INGREDIENTS

- 4 small whole wheat pitas
- 1/2 cup spaghetti or tomato sauce
- 2 cups sliced vegetables (mushrooms, green peppers, tomatoes, onions)
- 1/2 cup (4 oz.) shredded low-fat mozzarella cheese
- 1/2 TSP dried oregano
- 2 TSP extra-virgin olive oil

INSTRUCTIONS

—Preheat the oven to 450°.

—Split each pita into 2 thin rounds. Place, crust side down, on a large baking sheet. Bake 10 minutes, or just until crisp.

—Remove from the oven and top each round evenly* with sauce, vegetables, cheese and oregano.

*Per round: 1 TB sauce, 1/4 cup vegetables, 1 TB shredded mozzarella

—Drizzle each with olive oil. Bake 5 to 8 minutes, or just until cheese melts.

SERVING INFO: (Yields 4 servings)

2 halves of the pita rounds (1 pita) = 1 V, 1/2 M, 1 G