

# Pita Pizzas

## Ingredients

- 1 Whole Wheat Pita
- 2 Tbsp Pizza Sauce
- 3 Tbsp Part Skim Mozzarella (or 1 shredded String Cheese)
- 1 Tbsp chopped onion
- 1 Tbsp Bell pepper



## Preparation

Preheat oven or toaster oven to 425 degrees Fahrenheit. Spread pizza sauce over pita. Top with vegetables and then cheese. Bake for 8-10 minutes or until cheese has melted and pita has desired doneness.

*Tip: Get creative! Make BBQ chicken pizza with leftover grilled chicken and BBQ sauce in place of pizza sauce. Add toppings you have available or prefer.*

**Yield:** 1 pizza

*per pizza: 260 Calories | 7g Fat | 15g Protein | 36g Carbohydrates | 600mg Sodium*