



Veggie Pita Pizza

2 servings

15 minutes

Ingredients

2 Whole Wheat Pita
 1/4 cup Tomato Sauce
 85 grams Mozzarella Cheese (grated)
 1/4 cup Baby Spinach (chopped)
 2 tbsps Red Onion (chopped)
 1 Tomato (small, diced)
 1/4 Red Bell Pepper (chopped)

Nutrition

Amount per serving	
Calories	299
Fat	9g
Carbs	41g
Fiber	5g
Sugar	4g
Protein	15g
Cholesterol	38mg
Sodium	437mg
Vitamin A	2085IU
Vitamin C	32mg
Calcium	176mg
Iron	3mg
Vitamin D	0IU

Directions

- 1 Preheat your oven to 375°F (190°C) and line a baking sheet with parchment paper. Place the pita on the baking sheet and top with the tomato sauce, cheese, and vegetables. Place in the oven and bake for 10 minutes or until the cheese has melted and the pitas are warmed through.
- 2 Remove from the oven, slice, and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to one pita pizza.

Gluten-Free: Use a gluten-free pita or tortilla.

Dairy-Free: Use dairy-free cheese.

No Tomato Sauce: Use marinara sauce, pizza sauce or pesto instead.