

pita pizza

Serves: 6 (1 1/2 pizzas)

Prep and Cook time: 20 min

Per serving: 316 calories, 5.9 g fat, 700 mg sodium

8 whole-grain pitas
1 cup marinara/Ragu
sauce

1 cup sliced mushrooms,
canned (optional)

1 cup shredded
mozzarella cheese

1. Set the broiler to low. Arrange pitas on a foil-covered cookie sheet.
2. Top each pita with 2 TBS of marinara sauce, 2 TBS sliced mushrooms, and 2 TBS mozzarella cheese.
3. Cook under the broiler until cheese is bubbly, up to 7 minutes. Cut each pita in quarters. Serve immediately.

Vary It! Fruit and vegetables give pizza interesting tastes. Try pineapple with marinara sauce or raisins and asparagus with hummus. For something a little more spicy, try olives, precooked ground beef, lettuce, sour cream, and canned corn with salsa. Choose a cheese that compliments your choices.

