RECIPE

Veggie Pizza Pita Pockets

Don't want to turn on your oven or stove today? This veggie pizza pita is a delicious option that is made in the microwave. Top pizza with your favorite veggies.

Makes: 1 serving

Prep Time: 5 minutes
Cook Time: 60 seconds (Microwave)

Source: myplate.gov

Small Changes, BIG Difference!

Ingredients

- 1 pita, whole wheat (cut around the sides, into flats)
- 2 tablespoons tomato sauce, low sodium
- 2 slices mozzarella cheese, part-skim

Pick two from the following vegetables:

- green & red peppers, sliced
- mushrooms, chopped
- tablespoon broccoli, chopped
- tablespoon red onion, chopped
- spinach, shredded

** 1 Tablespoon each of broccoli and red onion used for costing and nutrition analysis.

Nutrition Information

Serving Size: 1 Pita

Nutrients	Amount
Calories:	341
Total Fat:	13 g
Saturated Fat:	6 g
Cholesterol:	31 mg
Sodium:	609 mg
Total Carbohydrates:	36 g
Dietary Fiber:	6 g
Total Sugars:	4 g
Added Sugars:	2 g
Protein	22 g

Directions

1. Place one pita round, on plate.
2. Spread 2 Tablespoons of tomato sauce on pizza.
3. Sprinkle various chopped vegetable over sauce.
4. Layer two slices of cheese on top of sauce.
5. Cover with the other half of pita round.
6. Microwave 35-45 seconds, or until cheese melts.

Utensils Needed

- Plate
- Measuring Spoons
- Cutting Board
- Knife
- Spoon

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