

Welcome2Nutrition

Pita Pizza

1 to 2 servings

Ingredients

- 1 whole wheat pita bread
- fresh tomato slices
- thinly sliced onion rings
- red or green pepper, diced
- sliced mushrooms
- oregano
- light olive oil, sprinkled over vegetables
- 1-2oz grated soy cheese or low fat mozzarella cheese
- 2 to 3 tbs. spaghetti sauce

Preparation

1. Heat oven to 375 degrees.
2. Place oven paper on a cookie sheet.
3. Top pita bread with ingredients.
4. Bake for 8 to 10 minutes or until cheese is bubbly or the spaghetti sauce is hot.