



Mediterranean Pita Pizza

Using a whole-grain crust and plenty of vegetables creates a healthier pizza than most restaurants serve. Let your kids help make it and encourage them to be creative in choosing vegetable toppings: red, green, orange or yellow peppers, thinly sliced onions or carrots, sliced spinach.

Makes 4 servings

Ingredients

- 4 large whole-grain pita rounds
- 1 cup spaghetti sauce
- 8 ounces shredded mozzarella cheese
- 4 cups sliced mixed vegetables
- 4 teaspoons extra-virgin olive oil

DIRECTIONS

1. Heat the oven to 350°F.
2. Arrange pita rounds on one or more baking sheets.
3. Spread about $\frac{1}{4}$ cup of spaghetti sauce on each pita (use the back of a spoon for easy spreading).
4. Optional: If you're using fresh chopped spinach as one of your vegetables, add it now, before the cheese, to keep the spinach from drying out.
5. Top each pizza with 2 ounces cheese (about $\frac{2}{3}$ cup), then arrange your choice of vegetables on the top.
6. Bake for 15-20 minutes, or until the cheese is lightly browned.



NUTRITION INFORMATION

Per serving: Calories: 310; Fat:10g; Sodium: 230mg; Carbohydrates: 40g; Fiber: 8g; Protein: 16g.