



Pita Pizzas



Adapted from *EatFresh.org*

Ingredients



- 4 Pita Breads—Whole Wheat
- 1 cup Part-Skim Mozzarella Cheese *shredded*
- 1 cup Vegetables diced (such as bell peppers, broccoli, mushrooms, olives, pineapple, onions, tomatoes, asparagus, zucchini, etc.)



Directions



Yield: 4 pita pizzas Serving size: 1 pita

1. Preheat oven or toaster oven to 425°F. Line baking sheet with foil for easy cleanup.
2. Place the pitas on a baking sheet for assembly. Spread the tomato sauce on the pita leaving room for crust.
3. Sprinkle with cheese and add the toppings.
4. 4.Cook pizzas in the oven for 5-8 minutes, or until cheese is melted.
5. 5.Let cool for a minute before eating.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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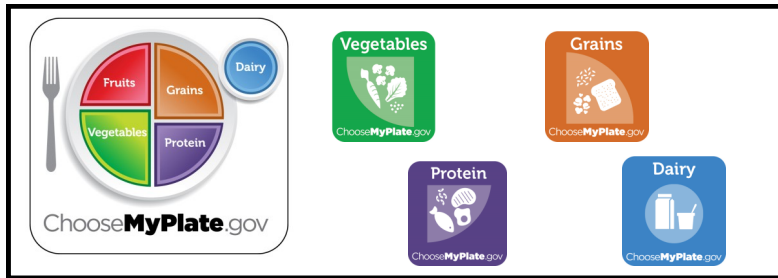
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Fast Facts



Featured Food Groups



Cooking Tips



- Use leftover veggies to cut down on prep time.
- Feeling creative? Try a different sauce instead of classic red tomato sauce.

Second Harvest is an equal opportunity provider.

Nutrition Facts	
Serving Size 1.00	
Serving Per Container 4	
Amount Per Serving	
Calories 213	
	% Daily Value*
Total Fat 6 g	8%
Saturated Fat 3 g	15%
Sodium 460 mg	20%
Total Carbohydrate 32 g	12%
Dietary Fiber 6 g	21%
Protein 13 g	

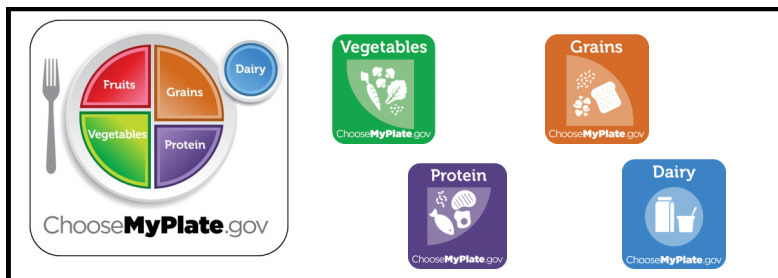
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:



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