

QUICK PITA PIZZA

Prep Time: 10 minutes
Cooking Time: 6 - 8 minutes
Makes 2 servings

Ingredients

2 (15 cm/6") whole-wheat pitas
60 mL (1/4 cup) pasta or pizza sauce
10 mL (2 tsp.) Italian seasoning
125 mL (1/2 cup) finely chopped vegetables
(mushrooms, green pepper, red pepper,
onions)
60 mL (1/4 cup) Mozzarella cheese,
shredded (look for part-skimmed, 18% M.F.
or less varieties)

Tip: Chop up vegetables and grate cheese the night before for quick assembly the next day.

Directions

Preheat oven or toaster oven to 200°C (400°F).

Place pitas on a baking sheet. Spread spaghetti sauce, dividing between the two pitas, on top of the pitas.

Sprinkle with Italian seasoning and chopped vegetables. Top with cheese.

Bake in oven until toppings are heated through and cheese is melted (about 6 - 8 minutes).



Image courtesy <http://www.morguefile.com>

This recipe can be varied to suit your taste and what you have on hand. Try pesto instead of pasta sauce, or just spread with a bit of olive oil if you don't have any sauce on hand. No Italian seasoning? Try dried oregano. Switch up the diced veggies and add a little bit of cut-up pepperoni or lean ham if you prefer. Be creative!

- ✓ Budget-Friendly
- ✓ Quick & Easy



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