



Pita Pizzas

A kid favorite! Let kids add their favorite toppings to this fun meal. Use leftover veggies to cut down on prep time.

Ingredients

- 4 whole wheat pita breads
- 1 cup part-skim mozzarella cheese, *shredded*
- 1 cup low-sodium tomato or pizza sauce
- 1 cup vegetables, diced (such as bell peppers, broccoli, mushrooms, olives, pineapple, onions, tomatoes, asparagus, zucchini, etc.)

Directions

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. Cook pizzas in the oven for 5-8 minutes, or until cheese is melted.
5. Let cool for a minute before eating.



Week12

Nutrition Information per serving:

Calories 213 Carbohydrates 32g Fiber 6g Protein 14g Total Fat 6g Sat. Fat 3g Sodium 460mg

Source: Leah's Pantry

Photo: jeffreyw @ Flickr

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP), known as CalFresh in California. USDA is an equal opportunity provider and employer. CalFresh information: 1-877-847-3663.



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