

PREPARATION: 10 MINUTES

COOKING: 15 MINUTES

2 SERVINGS

QUICK PITA PIZZA



INGREDIENTS

*2 small whole wheat pita breads (6 inches, 16 cm) **

½ cup romesco-style sauce (recipe on page 4)

Dried oregano (to taste)

½ cup mozzarella cheese, grated (22% M.F.)

½ cup bell peppers, diced

2 tablespoons red onion, thinly sliced

2 mushrooms, thinly sliced

60 g bocconcini

Garnish

5 leaves fresh basil leaves

*Balsamic glaze, ** to taste*

* Choose pita brand with lowest sodium content.

** Make your own by heating and stirring balsamic vinegar in a small pan until it thickens.

PREPARATION

- 1 Preheat oven to 400°F.
- 2 Place pitas on a baking sheet. Spread pitas with romesco-style sauce. Add dried oregano if desired.
- 3 Sprinkle mozzarella cheese over the pitas. Place vegetables and bocconcini over the cheese.
- 4 Bake for approximately 15 minutes.
- 5 When ready to serve, garnish with fresh basil leaves and a drizzle of balsamic glaze.

Nutrient Analysis

Per serving: ½ of recipe

Calories	444 Kcal
Protein	21 g
Carbohydrates	47 g
Fibre	7 g
Sugars	5 g
Total Fat	21 g
Saturated Fat	9 g
Cholesterol	43 mg
Sodium	590 mg
Potassium	407 mg
Phosphorus	361 mg

Note: Try using cheeses lower in fat and sodium. Heart-healthy options include mozzarella, Swiss, or ricotta.