



Pita Pizza

INGREDIENTS:

- 1 oz. H3 Marinara
- 1 each Whole wheat pita loaf
- 2 Tbsp Button mushrooms, sliced
- 1 Tbsp Red onion, diced
- 2 Tbsp Pineapple (fresh, diced or canned in its own juices)
- 2 Tbsp Bell pepper, diced (green, red, orange, yellow or all)
- 3 Tbsp Part skim mozzarella
- 2 Tbsp Feta cheese, reduced fat
- 1 tsp Turkey bacon, bits

PREPARATION:

- Pre-heat oven or toaster to 375°F.
- Pan spray a small baking sheet for the pita loaf.
- Spread marinara over the whole pita.
- Top the pita with the mixed vegetables and fruit.
- Top off with both cheeses and the turkey bacon bits.
- Put in heated oven for 15-20 minutes; if using a toaster oven, cook for 5-10 minutes
- Enjoy!

*** Chef's note: If other fruits and vegetables are desired, simply replace those listed or remove the ones you don't care for. A variety in color and vegetables gives you a variety of nutrients. ***

Number of Servings: 1
Serving Size: 1 pita loaf
Calories: 300
Fat Grams: 9

