



## White Pita Pizza

### INGREDIENTS:

- 1 can Cooking spray
- 1 ounce [H3 Alfredo sauce](#)
- 1 Whole wheat pita loaf
- 3 Tablespoons Button mushrooms, sliced
- ¼ cup Onions, diced, and caramelized
- 2 Tablespoons Pineapple (fresh, diced, or canned in its own juices)
- ½ cup Spinach, lightly sautéed or raw
- ¼ cup Bell pepper, diced (green, red, orange, yellow or all)
- 3 Tablespoons Part skim mozzarella
- 2 Tablespoons Feta cheese, reduced fat
- 1 teaspoon Turkey bacon, bits

### PREPARATION:

- Pre-heat oven or toaster oven to 375°F.
- Lightly spray a small baking sheet with nonstick pan spray for the pita loaf.
- Spread H3 Alfredo sauce over the whole pita.
- Evenly distribute the spinach, mixed vegetables and fruit on top of the pita.
- Top off with both cheeses and turkey *bacon bits*. (Other proteins such as grilled chick and steak are optional, however, the [nutritional](#) information listed below will change also change).
- Place 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. Remember, a variety in color and vegetables gives you a variety of nutrients. Cross utilize your ingredients! Also, you can make many pita pizzas and freeze them—cook frozen pita pizzas at a higher temperature such as 400 to 425 on convention oven for about 15 minutes.*

**Number of Servings:** 1

**Serving Size:** 1 pita loaf

**Calories:** 300

**Fat Grams:** 9

