



VEGETABLE PITA PIZZAS

SERVING SIZE: 4 | COOKING TIME: 25 MINUTES | CONTAINS WHEAT, MILK

INGREDIENTS.....

4 whole wheat pitas
5 teaspoons (tsp) olive oil
2 cups shredded mozzarella
½ teaspoon (tsp) garlic powder
8 oz sliced mushrooms
1 zucchini, cut into small pieces
1 Spanish onion, diced or cut into small pieces
1 (15.5 oz) can low sodium pizza sauce
Salt and pepper to taste

WHAT ELSE YOU'LL NEED

- Cutting board and knife
- Measuring spoons
- Medium-sized pan
- Baking sheet
- Cooking utensil
(spatula, wooden spoon, or similar)

DIRECTIONS.....

1. Preheat oven to 350 degrees
2. On a clean surface, lay the four pitas out and drizzle 1 teaspoon (tsp) of olive oil on each. Sprinkle with garlic powder. Set aside.
3. Add 1 teaspoon (tsp) olive oil to a medium-sized pan and begin to sauté the diced onion on medium-low heat, stir occasionally. Cook for 2 minutes.
4. Add the mushrooms to the onion. Cook for 2 more minutes.
5. Add zucchini to the mushrooms and onion. Cook for 1 minute. Remove mix from heat. Season with salt and pepper to taste. Set aside to cool.
6. Lay the pitas, from step 2, on a clean surface. Spread about 3 Tablespoons (Tbsp) of pizza sauce onto each pita.
7. Add ½ cup of shredded mozzarella cheese to each pita on top of pizza sauce.
8. Sprinkle the vegetable mixture (from step 5) over the sauce and cheese.
9. Spread the pitas out on a baking sheet. Place in the pre-heated oven for 10 minutes.
10. Carefully remove the pitas from the oven. Allow the pita pizzas to rest for 1 minute.
11. Cut the pita pizzas and serve.

