

# Pita Pizza

A homemade pizza can be a fast, nutritious meal for a family on the run. This version allows you to control the crust and toppings, without sacrificing flavour. Topped with plenty of vegetables, this pizza provides 1 ½ servings of Vegetables and Fruit per portion!



## Ingredients:

4 small	Whole wheat pitas (10.2 cm)	4 small
1 cup	No salt added tomato sauce	250 mL
1 cup	Fresh spinach leaves	250 mL
1 medium	Red pepper, sliced	1 medium
1 medium	Tomato, sliced	1 medium
¼ medium	Red onion, chopped	¼ medium
1 cup	Cooked chicken breast, chopped	250 mL
1 large	Carrot, peeled and grated	1 large
1 cup	Part skim mozzarella cheese, 20% M.F. or less, grated	250 mL

## Directions:

Preheat your oven to 450°–500°F (230°–260°C).

1. Use a pizza stone if you have one, otherwise a baking sheet will do. If using a pizza stone, put it in the oven while it preheats.
2. Start with whole wheat pitas. Spread with ¼ cup (60 mL) of tomato sauce. Leave a small margin around the edge.
3. Add toppings: baby spinach, sliced red pepper, fresh tomato slices, and chopped red onion (other options include thinly sliced zucchini, eggplant or mushrooms). Add chopped cooked turkey or chicken.
4. Top with grated mozzarella cheese. Bake for about 10 minutes or until the cheese melts and bubbles and the edges are golden.

**Makes 4 servings (1 pizza/ 247 g)**

Source: developed by Terry Bullick for Apple, Alberta Health Services health and wellness magazine.

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## Nutrition Facts

Per 1/4 of recipe (1 pizza/ 247 g)

<b>Amount</b>	<b>% Daily Value</b>
<b>Calories</b> 250	
<b>Fat</b> 6 g	<b>10 %</b>
Saturated 3.5 g + Trans 0 g	<b>18 %</b>
<b>Cholesterol</b> 45 mg	
<b>Sodium</b> 340 mg	<b>14 %</b>
<b>Carbohydrate</b> 27 g	<b>9 %</b>
Fibre 5 g	<b>20 %</b>
Sugars 6 g	
<b>Protein</b> 23 g	
Vitamin A	200 %
Vitamin C	120 %
Calcium	20 %
Iron	15 %

<b>Nutrient Claim</b>	<b>Amount per serving</b>
High source of fibre	5 g
Very high in potassium	685 mg
High in calcium	218 mg
Very high in magnesium	64 mg
Source of folate	15 mcg
High in iron	2.1 mg
High source of fibre	5 g

<b>Food Group</b>	<b>Food Guide servings per recipe serving</b>
Vegetables and Fruit	1 ½
Grain Products	1
Milk and Alternatives	½
Meat and Alternatives	½

This is a Choose Sometimes recipe (Mixed Dish–Meat based) according to the Alberta Nutrition Guidelines.