

# Veggie Pita Pizza

## Ingredients

- 1 pita pocket
- 1/8 cup bottled pizza sauce
- 1/3 cup shredded, mozzarella
- 1/3 cup finely chopped veggies of your choice (broccoli, green onions, tomato, sliced mushrooms, etc.)



## Directions

1. Lay pita round on a baking sheet and spread pizza sauce over the top. Sprinkle the cheese evenly over the top of the pizza sauce and top with veggies.
2. Broil in toaster oven (or microwave on HIGH for about a minute) until cheese is melted and bubbly.

*Makes 1 servings*

*Nutrition information per serving;  
250 calories, 16 g protein, 31 g  
carbohydrate, 8.5 g fat, 4 g saturated  
fat, 20 mg cholesterol, 5 g fiber, 558  
mg sodium.*