SHOPPING LIST

Pita Party Pizzas

- ○ Whole Wheat Pita
- ○ Mozzarella Cheese
- ○ Canned Tomato Sauce
- ○ Parmesan Cheese
- ○ Dried Oregano
- ○ Tomatoes
- ○ Peppers
- ○ Broccoli
- ○ Mushrooms

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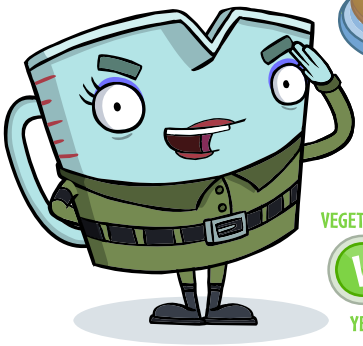
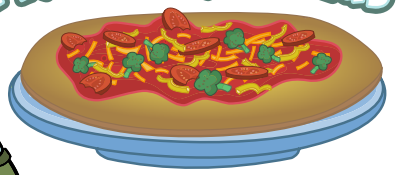
LUNCH

Pita Party Pizzas





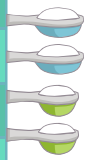
VEGETARIAN	TIME	DIFFICULTY	SERVES
V		M	4
YES	Under an hour	Medium	

YOU WILL NEED

2 mini whole-wheat pita breads, split in half horizontally to make two circles

1 cup shredded mozzarella cheese

¼ cup canned tomato sauce



2 tablespoons plus 2 teaspoons grated Parmesan cheese

¼ teaspoon dried oregano

TOPPINGS: tomatoes

peppers

broccoli

mushrooms

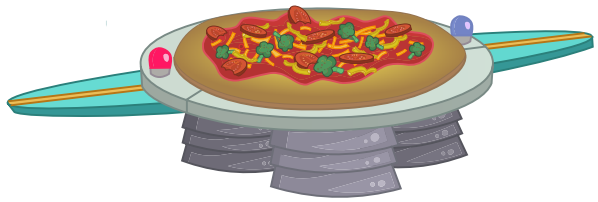
DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

Putting the tomato sauce on top of the cheese keeps the pita from becoming soggy.

STEP 1: Preheat the oven to 500°. Place the pita halves on a baking sheet and transfer to the oven. Bake for two minutes then remove the baking sheet from the oven.

STEP 2: Sprinkle each pita half with 2 tablespoons mozzarella, being sure to leave a 1/4-inch lip around the edge. Top each pita half with 1 tablespoon tomato sauce, 2 teaspoons Parmesan cheese, your vegetable toppings, and a pinch of oregano, and return to the oven. Bake until the cheese is melted and just beginning to brown, about 5 minutes. Serve.



Nutrition Facts

Serving Size 1 pizza (62g)
Servings Per Container 4

Amount Per Serving	
Calories 140	Calories from Fat 70
	% Daily Value*
Total Fat 8g	12%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 410mg	17%
Total Carbohydrate 10g	3%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 12g	

Vitamin A 6% • **Vitamin C** 2%
Calcium 25% • **Iron** 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4