

Pita Pizza Rounds



Ingredients:

- 4 whole wheat pita rounds
- 1 cup of pizza sauce
- 2 cups reduced-fat mozzarella cheese
- Toppings of your choice – sautéed mushrooms, spinach, bell peppers, or onions work well

Instructions:

1. Preheat oven to 375 F.
2. Spoon pizza sauce over pita rounds.
3. Top with mozzarella and desired toppings.
4. Place on baking sheet and cook for 7-10 minutes, or until cheese has melted.
5. Serve immediately.

Makes 4 servings.



Tarrant County Public Health
<http://health.tarrantcounty.com>