

Veggie Pizza Pita Pockets

Don't want to turn on your oven or stove today? This veggie pizza pita is a delicious option that is made in the microwave. Top pizza with your favorite veggies.

Makes: 1 serving

Prep Time: 5 minutes

Cook Time: 60 seconds (Microwave)

Source: myplate.gov

Ingredients

- 1 pita, whole wheat (cut around the sides, into flats)
- 2 tablespoons tomato sauce, low sodium
- 2 slices mozzarella cheese, part-skim

Pick two from the following vegetables:

- green & red peppers, sliced
- mushrooms, chopped
- tablespoon broccoli, chopped
- tablespoon red onion, chopped
- spinach, shredded

** 1 Tablespoon each of broccoli and red onion used for costing and nutrition analysis.

Directions

1. Place one pita round, on plate.
2. Spread 2 Tablespoons of tomato sauce on pizza.
3. Sprinkle various chopped vegetable over sauce.
4. Layer two slices of cheese on top of sauce.
5. Cover with the other half of pita round.
6. Microwave 35-45 seconds, or until cheese melts.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1 Pita

Nutrients	Amount
Calories:	341
Total Fat:	13 g
Saturated Fat:	6 g
Cholesterol:	31 mg
Sodium:	609 mg
Total Carbohydrates:	36 g
Dietary Fiber:	6 g
Total Sugars:	4 g
Added Sugars:	2 g
Protein	22 g

Utensils Needed

- Plate
- Measuring Spoons
- Cutting Board
- Knife
- Spoon

SHOPPING LIST

Average total cost without oil and seasonings: \$6.70

Average cost/serving: \$6.70

Recipe makes: 1 Serving (ingredients make multiple servings)

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

Ingredients



Add 1 to Cart
Whole Grain Pita (6 count)



Add 1 to Cart
Broccoli (Frozen or fresh)



Add 1 to Cart
Part Skim Mozzarella
Cheese (12 slices)



Add 1 to Cart
Tomato Sauce (8oz.)



Add 1 to Cart
Fresh Red Onion

SAVE TIME, SAVE MONEY

My Cooking Notes

Storage Tips

- Slice in half, let cool, and enjoy! Refrigerate any leftovers within 2 hours.

Cooking Tips

- Layering the cheese over the raw veggies will help them cook; the melting cheese essentially steams the veggies in the microwave. If you prefer softer veggies, they can be steamed before being put on the pizza.
- A tomato sauce with added flavors will be a nice kick to this pizza; also, mild salsa will add a different flavor.
- Many sliced cheeses come in low-fat varieties and could be substituted for mozzarella. Or you could mix and match.
- Veggie pizza is a great way to get your daily servings of veggies. A mix of veggies - such as greens (spinach, broccoli), seeded (zucchini, peppers, tomatoes), and roots/fungi (onion, garlic, mushroom) - will complement each other if used in variety.

