

Pita Pizza

1 whole wheat pita
1 cup mixed veggies of choice
¼ cup pizza sauce (add dash of rosemary, thyme and basil)
¼ cup low-fat shredded mozzarella cheese

Heat oven to 425 degrees. Add sauce, veggies and cheese to pita. Place in oven about 5-8 minutes or until brown and cheese is bubbling.

Makes 1 serving.

Calories 240 Fat 7g Carbohydrate 29g Fiber 7g Protein 14g Sodium 570mg