

## Veggie Pita Pizza

### *What you need:*

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



### *All you do:*

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 a combination of veggies.
2. Broil in toaster oven (or microwave on HIGH for about a minute) until cheese is melted and bubbly.

Nutritional 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.