

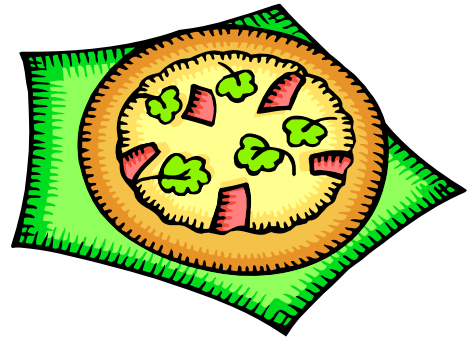
Whole Grain Veggie Pita Pizzas

Makes 6 pizzas

Preheat oven to 375°F.

* In addition to the toppings listed, fat-free vegetarian pepperoni slices could also be added. If you don't like peppers or mushrooms, you can omit them and use other vegetables like spinach, broccoli, eggplant, etc.

- 1 15-ounce can tomato sauce
- 1 6-ounce can tomato paste
- 1 teaspoon garlic powder
- ½ teaspoon each: basil, oregano, and thyme
- 2 cups reduced fat shredded mozzarella cheese
- 1 cup thinly sliced onions
- 1 cup diced red bell pepper
- 1 cup chopped mushrooms
- 6 pieces of whole-wheat pita bread



1. Mix tomato sauce, tomato paste, garlic powder & herbs.
2. Turn each piece of pita bread upside down and spread with 2 to 3 tablespoons of sauce.
3. Top with shredded cheese and chopped vegetables.
4. Arrange on baking sheet and bake until edges are lightly browned, about 10 minutes

Note: Only about half the sauce will be used. Refrigerate or freeze the remainder to be used another time.

Per pizza: 361.2 calories; 24.7g protein; 35g carbohydrate; 14.8 g fat; 6.1 g fiber; 1,105 mg sodium