

# Veggie Pita Pizzas



**SAN ANTONIO**  
REGIONAL HOSPITAL

*Lewis-San Antonio*  
*Healthy Communities Institute*

Nutrition for 1 pizza:

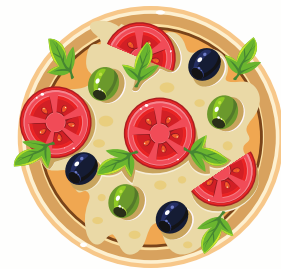
245 calories, 6g fat, 12g protein, 36g carbs, 5g fiber, 300mg sodium

## INGREDIENTS

- 4 whole wheat Pita
- 1 cup shredded mozzarella cheese
- 2 cups chopped vegetables

## Pizza Sauce

- 8oz can tomato sauce, no salt added
- ¼ cup (~1/2 of 6-oz can) tomato paste
- 1 Tbsp Italian seasoning
- ½ tsp garlic powder
- ¼ tsp onion powder
- ¼ tsp black pepper



## DIRECTIONS

1. Preheat oven to 400 degrees.
2. While the oven is preheating, whisk together all pizza sauce ingredients.
3. Place pita on baking sheet and warm in the oven for 5 minutes.
4. Carefully remove pan from oven. Evenly spread ~ ¼ cup pizza sauce on each pita. Top with ¼ cup cheese and ½ cup toppings of choice.
5. Bake for 10-12 minutes until the cheese is melted and the pita edges have browned.
6. Enjoy!