



VEGGIE PITA PIZZAS

PREP TIME: 20 minutes

SERVING SIZE: 1 pita

COOK TIME: 8 minutes

SERVES: 4

INGREDIENTS

- 4 whole wheat pita bread rounds
- 1 cup prepared low-sodium pasta sauce with vegetables
- ½ bell pepper, red or green, finely diced
- ½ cup cherry tomato, halved
- ½ cup black olives, drained
- ½ cup sliced mushrooms
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- ¾ cup shredded part-skim pizza blend cheese, shredded

PREPARATION

1. Preheat oven to 425°F.
2. Place pita round on baking tray. Spread ¼ cup pasta sauce on each pita round.
3. Top with 2 tablespoons each of bell pepper, tomatoes, olives, and mushrooms.
4. Sprinkle ¼ teaspoon oregano and ¼ teaspoon basil on each round.
5. Top each pita round with 3 tablespoons of cheese.
6. Place in oven and cook for 8 minutes, watch carefully, or until cheese is melted and bubbly, and pita is hot. Serve immediately.

SOURCE

American Institute for Cancer Research, www.aicr.org/
Recipe modified by CHOICES Nutrition Education Program

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Nutrition Facts

4 servings per container
Serving size 1 pita (194g)

Amount per serving
Calories 170

	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 440mg	19%
Total Carbohydrate 27g	10%
Dietary Fiber 2g	7%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 164mg	15%
Iron 2mg	10%
Potassium 270mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This institution is an equal opportunity provider. Rev 06/22
This material was funded in part by USDA's Supplemental Nutrition Assistance Program – SNAP.



PIZZAS DE PITA CON VEGETALES

TIEMPO DE PREPARACIÓN: 15 minutos

TAMAÑO DE PORCIÓN: 1 pita

TIEMPO PARA COCINAR: 8 minutos

PORCIONES: 4

INGREDIENTES

- 4 pitas integrales redondas
- 1 taza salsa de pasta preparada baja en sodio (con vegetales)
- ½ chile morrón verde o rojo, picado
- ½ taza de tomate cherry, cortado a la mitad
- ½ taza de aceitunas negras, escurridas
- 4 oz. hongos rebanados en bote o lata colados
- 1 cucharadita orégano seco
- 1 cucharadita albahaca seca
- ¾ taza de mezcla de queso semidescremado para pizza rallado, rallado

PREPARACIÓN

1. Precalentar el horno a 425 grados Fahrenheit.
2. Coloque el pan de pita en una bandeja para hornear. Extienda ¼ de taza de salsa para pasta.
3. Cubra con 2 cucharadas de pimienta, tomates, aceitunas y champiñones.
4. Espolvorea ¼ de cucharadita de orégano y ¼ de cucharadita de albahaca en cada ronda.
5. Cubra cada ronda de pita con 3 cucharadas de queso.
6. Coloque en el horno y cocine durante 8 minutos, observe cuidadosamente, o hasta que el queso esté caliente. Servir inmediatamente.

FUENTE

American Institute for Cancer Research, www.aicr.org/

Receta modificada por CHOICES Programa Educativo de Nutrición

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Este material fue financiado en parte por el programa del USDA – SNAP en inglés