

Veggie Pizza Pita Pockets

Makes: 1 Serving

Ingredients

1 pita, whole wheat (cut around the sides, into flats)
2 tablespoons tomato sauce, low sodium
2 slices mozzarella cheese, part-skim, 1 oz

Pick two or three from the following vegetables:

- green & red peppers, 4 thin slices
- mushroom, 1 Tbsp. chopped
- broccoli, 1 Tbsp. chopped
- red onion, 1 Tbsp. chopped
- spinach, 1 Tbsp, chopped

Directions

1. Spread 2 Tablespoons of tomato sauce on pita, top with chopped vegetables and two slices of cheese.
2. Cover with the other half of pita round.
3. Microwave 35-45 seconds, or until cheese melts.
4. Slice in half, let cool, and enjoy!

Tips

- Layering the cheese over the raw veggies will help them steam in the microwave. If you prefer softer veggies, they can be steamed before being put on the pizza.
- A tomato sauce with added flavors will add a nice kick to this pizza.
- Many sliced cheeses come in low-fat varieties and could be substituted for mozzarella.
- Veggie pizza is a great way to get your daily servings of veggies. A mix of veggies - such as greens (spinach or broccoli), seeded (zucchini, peppers, tomatoes), and roots (onion, garlic or mushrooms) - will complement each other if used in variety.

Serving Cost: \$1.63

1 Tablespoon each of broccoli and red onion were used for pricing and nutrition analysis.

Source: CSAAC (Community Services for Autistic Adults and Children)



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Nutrition Facts

1 servings per container
Serving size 1 Pizza (112g)

Amount per serving
Calories 160

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 280mg	12%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 1g Added Sugars	2%

Protein 10g	
Vitamin D 0mcg	0%
Calcium 185mg	15%
Iron 1mg	6%
Potassium 211mg	4%

*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.