

# 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

Pick two from the following vegetables:

green & red peppers, sliced

mushrooms, chopped

1 tablespoon broccoli, chopped

1 tablespoon red onion, chopped

spinach, shredded

## Directions

1. Place one pita round, on plate.
2. Spread 2 Tablespoons of tomato sauce on pizza.
3. Sprinkle various chopped vegetable over sauce.
4. Layer two slices of cheese on top of sauce.
5. Cover with the other half of pita round.
6. Microwave 35-45 seconds, or until cheese melts.
7. Slice in half, let cool, and enjoy!

## Notes

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>318</b>
<b>Total Fat</b>	<b>13 g</b>
Saturated Fat	6 g
Cholesterol	31 mg
<b>Sodium</b>	<b>556 mg</b>
<b>Total Carbohydrate</b>	<b>32 g</b>
Dietary Fiber	5 g
Total Sugars	3 g
Added Sugars included	2 g
<b>Protein</b>	<b>20 g</b>
Vitamin D	0 IU
Calcium	442 mg
Iron	2 mg
Potassium	312 mg

N/A - data is not available

### MyPlate Food Groups

 Vegetables	1/2 cup
 Grains	2 ounces
 Dairy	1 1/4 cups

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

Tips:

- Layering the cheese over the raw veggies will help them cook; the melting cheese essentially steams the veggies 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 be a nice kick to this pizza; also, mild salsa will add a different flavor.
- Many sliced cheeses come in low-fat varieties and could be substituted for mozzarella. Or you could mix and match.
- Veggie pizza is a great way to get your daily servings of veggies. A mix of veggies - such as greens (spinach, broccoli), seeded (zucchini, peppers, tomatoes), and roots/fungi (onion, garlic, mushroom) - will complement each other if used in variety.

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