

Veggie Pizza Pita Pockets

Yield 1 Servings

Ingredients

| | |
|---------------|--|
| 1 | pita, whole wheat (cut around the sides, into flats) |
| 2 tablespoons | tomato sauce, unsalted |
| 2 slices | mozzarella cheese, part-skim |
| 2 | of the following vegetables: (or more) |
| | green & red peppers, sliced |
| | mushrooms, chopped |
| | broccoli, chopped |
| | red onion, chopped |
| | spinach, shredded |

Instructions

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!

Cost

Per recipe: \$0.99

Per serving: \$0.99

Source

CSAAC (Community Services for Autistic Adults and Children), [Visit Web site](#).

Notes

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.

| Nutrition Facts | |
|--|---------------------------|
| Serving Size 1 veggie pizza pita pocket (138g) | |
| Servings Per Container 1 | |
| Amount Per Serving | |
| Calories 260 | Calories from Fat 60 |
| % Daily Value* | |
| Total Fat 6g | 9% |
| Saturated Fat 3g | 15% |
| Trans Fat 0g | |
| Cholesterol 20mg | 7% |
| Sodium 470mg | 20% |
| Total Carbohydrate 39g | 13% |
| Dietary Fiber 5g | 20% |
| Sugars 3g | |
| Protein 13g | |
| Vitamin A 6% | • Vitamin C 15% |
| Calcium 25% | • Iron 15% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| | Calories: 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |