

PITA PIZZAS

Serving Size: 6

INGREDIENTS:

- whole wheat pitas 6
- mozzarella cheese 1/4 cup
- cheddar cheese 1/4 cup
- cherry tomatoes 1 box
- zucchini 2
- bell peppers 2
- mushrooms 1 sm, box
- spinach 24 leaves
- ham 6 slices
- tomato paste 1 8oz. can
- minced garlic 2 cloves
- dried oregano 1 tsp
- dried rosemary 1 tsp
- fresh basil 1 tsp

EQUIPMENT:

- cutting boards
- paring knife
- small mixing bowl
- wooden spoon
- cheese grater
- baking sheets



METHOD:

1. Chop all vegetables and ham into small bite size pieces
2. In small mixing bowl make pizza sauce by mixing tomato paste, garlic, oregano, rosemary, basil and seasoning with salt and pepper
2. Lightly brush top of pita with a drizzle of olive oil all around to the very edges and then spread pizza sauce on making sure to leave a crust
3. Sprinkle pizza with cheese and all other desired toppings and finish with basil leaves sitting on top and a drizzle of olive oil
4. Bake in an oven at 350 for approx 10 or until edges are crispy

ENJOY 😊