

Pita Pizza

INGREDIENTS:

½	whole wheat pita – whole pita, sliced in half and lightly toasted
2 T	chopped green bell pepper
2 T	chopped onion
2 T	tomato sauce, canned
3	mushrooms, cleaned and sliced
2 oz	mozzarella cheese, part skim, sliced and shredded
2 oz	grilled chicken breast, cooked and sliced into bite size pieces
½ tsp	grated parmesan cheese

DIRECTIONS:

Grill, bake or sauté a small (seasoned to taste) chicken breast until fully cooked. Take cooked chicken and slice into bite size pieces and set aside. Slice whole wheat pita in half. Slightly toast in toaster or under broiler in oven. Once toasted, top pita half with tomato sauce and spread evenly to cover. Then sprinkle with shredded mozzarella, bell pepper, onion and mushrooms and 2 oz of cooked and chicken (½ small chicken breast). Lightly sprinkle with parmesan cheese and place pita on a cookie sheet and bake in oven for 15 minutes at 375 degrees.

Makes 1 serving
Calories: 281/serving

NUTRITIONAL INFORMATION PER SERVING:

31g protein
16g carbohydrates
11g fat
482mg sodium
69mg cholesterol
6g fiber