

St. Patty's Pita Pizza

INGREDIENTS:

1 each	whole wheat pita bread
2 oz.	corned beef, deli style meat, lean, thinly sliced
1 cup	green cabbage, finely shredded
1/4 cup	marinara sauce, ready to serve
2 T	fat free mozzarella cheese, shredded
1/2 t	grated parmesan cheese
Dash	black pepper

DIRECTIONS:

Preheat oven to 375 degrees. Place pita bread on cookie sheet. Spread with marinara sauce to cover pita surface. Sprinkle with mozzarella cheese and top with shredded cabbage and sliced corned beef. Garnish with parmesan cheese and pepper. Bake in oven for 15-20 minutes.

Makes 1 serving

Calories: 271 calories/serving

NUTRITIONAL INFORMATION PER SERVING:

21 g protein
36 g carbohydrates
5 g fat
1038 mg sodium
33 mg cholesterol
7 g fiber

Estimated Food Group Serving Equivalents: 1 bread/starch, 1 vegetable, 2 lean protein, 1 fat

Note: this entrée provides a significant amount of sodium per serving