

## Veggie 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 T	cooked Soybean (edamame)
½ tsp	grated parmesan cheese

### DIRECTIONS:

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 T of soybean. Lightly sprinkle with parmesan cheese and place pita on a cookie sheet and bake in oven for 15 minutes at 375 degrees.

Makes 1 servings.  
Calories: 260/serving

### NUTRITIONAL INFORMATION PER SERVING:

21g protein  
19g carbohydrates  
12g fat  
517mg sodium  
37mg cholesterol  
8g fiber