# Pita Pizza

These easy to prepare pizzas are a great source of calcium for growing bones.

#### Serves 4



## Ingredients

- 1 cup tomato sauce (with no added salt)
- ½ teaspoon Italian seasoning
- ½ teaspoon garlic powder
- Salt and pepper to taste
- 4 whole wheat pitas
- 1 cup part-skim, grated mozzarella cheese
- Optional toppings (pineapple, mushrooms, peppers, spinach, basil, tomatoes etc)

#### **Nutrition Facts**

Serving Size 1 pita pizza Servings Per Container 4

ner 4
alories from Fat 70
% Daily Value*
11%
g <b>18</b> %
5%
23%
44g <b>15</b> %
24%
Vitamin C 50%
Iron 15%
pased on a 2,000 calorie be higher or lower needs: 2,000 2,500
n 65g 80g n 20g 25g n 300mg 300mg n 2,400mg 2,400mg 300g 375g 25g 30g

Please note: nutritional values are approximate. This label was made with green bell peppers and mushrooms.

### **Directions**

- 1. Preheat oven to 400 degrees.
- 2. Mix tomato sauce with garlic powder, Italian seasoning.
- 3. Add salt and pepper to taste.
- 4. Top each pita with ¼ cup tomato sauce, ¼ cup cheese and any optional toppings.
- 5. Bake for 5-7 minutes or until cheese is just beginning to brown.

