

Pita Pizzas

Ingredients

8 (4 inch) whole-wheat tortillas
½ cup spinach puree
2 cups tomato sauce
2 cups part-skim mozzarella
Decorate with a few vegetables

Directions

Preheat the oven to 400 degrees.
Spread spinach puree on each pita so that the spinach comes to within about ½ inch of the edge. Spread the sauce over the spinach; it should cover the spinach and come to within ¼ inch of the edge of the pita. Spread cheese over the sauce, covering any place where the green comes through. Place the pizzas on a foil-lined baking sheet and bake until the cheese melts and begins to brown, 5 to 10 minutes. Let the pizzas cool 5 minutes before serving so the cheese cools and doesn't pull off (so the spinach does not show through). Yield: 8 servings

Ideas: Top pizzas with a variety of different vegetables like green pepper, tomato slices, shredded carrot, or eggplant.



	Per Serving
Calories	186
Protein	12 g
Fiber	4 g
Total Fat	5.8 g
Iron	2 mg
Calcium	245 mg
Vitamin A	115 mcg

Happy Halloween 

Healthy Eating Tip: You can use multiple WIC foods for this quick and easy recipe. For a thicker pizza crust you can layer the whole-wheat tortillas with cheese in the middle.