

Pita Pizza



Ingredients

- 1 cup Chunky Tomato Sauce
- 1 cup grilled boneless, skinless chicken breast, diced (about 2 small breasts)
- 1 cup broccoli, rinsed, chopped, and cooked
- 2 tablespoons grated parmesan cheese
- 1 tablespoon fresh basil, rinsed, dried, and chopped (or 1 teaspoon dried)
- 4 (6½-inch) whole-wheat pitas

Directions

1. Preheat oven or toaster oven to 450°F.
2. For each pizza, spread ¼ cup tomato sauce on a pita and top with ¼ cup chicken, ¼ cup broccoli, ½ tablespoon parmesan cheese, and ¼ tablespoon chopped basil.
3. Place pitas on a nonstick baking sheet and bake for about 5–8 minutes until golden brown and chicken is hot. Serve immediately.

Nutrition Facts

4 servings per container

Serving size **1**

Amount Per Serving

Calories 280

% Daily Value*

Total Fat 5g **6%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 30mg **11%**

Sodium 490mg **21%**

Total Carbohydrate 41g **15%**

Dietary Fiber 7g **25%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 20g **40%**

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

