



Anytime Pizza

SERVING: 1 (7-INCH PIZZA)
YIELD: 4

PREP TIME: 5 MIN
TOTAL TIME: 15 MIN

Ingredients

- 4 Whole Wheat Pita Pockets
- 1 Pizza Sauce, 14 oz, (1/3 cup divided 4 ways)
- 1 pkg Mozzarella Cheese 8 oz, (1/2 cup divided 4 ways)
- Cooking Oil Spray
- Italian seasoning, each pizza to taste

Toppings (Suggested)

- 1 Bell Pepper, chopped
- 1/2 pkg Mushrooms, sliced, chopped
 - canned mushrooms sliced (4 oz)
- 1 tomato, chopped
- 1/2 onion, chopped
- 1 can Black Olives, sliced, 2.25 oz

*Top with Parmesan
Cheese if desired

Nutrition Facts Label created with
suggested topping ingredients

Nutrition Facts	
4 servings per container	
Serving size 1 Pita Pizza (0.0g)	
Amount Per Serving	
Calories	340
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 930mg	40%
Total Carbohydrate 43g	16%
Dietary Fiber 3g	11%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 0.1mcg	0%
Calcium 390mg	30%
Iron 3.4mg	20%
Potassium 740mg	15%
* 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.	

Directions

- 1.Preheat oven to 400 degrees.
- 2.Using a baking sheet, coat with cooking oil spray.
- 3.Lay each pita pocket on baking sheet, and top with 1/3 cup of pizza sauce then 1/2 cup of cheese.
- 4.Assemble each pizza with desired toppings.
- 5.Bake for 10 minutes or until cheese is melted.
- 6.Sprinkle with Italian seasoning. Enjoy!

*Recipe adapted from
myplate.gov

Cost Per Recipe (cheese only)	Cost Per Serving (cheese only)
\$5.75	\$1.44
Cost Per Recipe (with suggested toppings)	Cost Per Serving (with suggested toppings)
\$9.50	\$2.40