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PITA PIZZA	Intermediate Lifestyle
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Ingredients

- 4 small whole wheat pitas
- ½ cup spaghetti or tomato sauce
- 2 cups sliced vegetables (mushrooms, green peppers, tomatoes, onions)
- ½ cup (4 oz.) Shredded low-fat mozzarella cheese
- ½ TSP dried oregano
- 2 TSP extra-virgin olive oil

Instructions

1. Preheat the oven to 450°.
2. Split each pita into 2 thin rounds. Place, crust side down, on a large baking sheet. Bake 10 minutes, or just until crisp.
3. Remove from the oven and top each round evenly with sauce, vegetables, cheese and oregano.
4. Drizzle each with olive oil. Bake 5 to 8 minutes, or just until cheese melts.

Portion-Per-Serving Information (Yields 4 servings)

Serving = 2 halves of the pita rounds (1 pita) = 1 V, 1 M, 1 G