

Healthy Recipe

GET HEALTHY, STAY HEALTHY

Pita Veggie Pizza

Makes: 4 (1/2 pita per serving) • **Prepare Time:** 5 minutes • **Cook Time:** 15 minutes

Ingredients

- 2 whole wheat pitas (6-inch diameter)
- ¼ cup hummus (store bought or homemade)
- ½ cup fresh/frozen spinach, chopped
(if frozen, defrost and drain first)
- ½ cup black beans, rinsed
- ½ cup artichoke hearts
- ¼ cup non/low-fat Swiss cheese, shredded

Preparation

1. Preheat oven to 325°F
2. Spread hummus evenly over pitas. Add beans, spinach and artichoke hearts, evenly, and top with cheese
3. Bake in the oven for 15 minutes or until pita is toasted. Let cool and enjoy!

Nutrition

Per serving (½ Pita): 150 calories; 2 g fat; 29 g carbohydrates; 0 g added sugars; 8 g protein; 7 g fiber

Tips & Notes:

Tip:

This can be eaten just as it is; if an oven is not an option

Any of your favorite vegetables can be added such as tomatoes; olives, or broccoli. Be creative!

