



**Professional Health & Fitness Solutions**

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## **Renee's Mediterranean Chicken Pita Pizza**

- 2 Toufayan whole wheat pitas
- Chopped Chicken.....(1 breast) – approx 6 oz.
- Baby Spinach .....(approx 1 cup before chopping)
- Minced garlic .....(approx 1-2 tsp)
- Sundried Tomatoes .....(1/4 cup chopped) I use the ones packed in EVOO\*
- Low/Non-fat Feta Cheese .....(1/2 cup)
- Low Fat Mozzarella .....(1 cup shredded)

\*Extra Virgin Olive Oil

Pre-Heat oven to 425

Finely chop chicken & spinach with chopper (I use a Pampered Chef Chopper) or food processor and throw in a bowl. Add garlic & sundried tomatoes and mix with fork until thoroughly combined. Spread mixture on two whole wheat pitas & sprinkle each one with 1/2 cup shredded mozzarella. Bake in oven for 10-15 minutes, cut with pizza cutter and serve.

\*\*\* NOTE: The extra pita can be baked and then put in the fridge for later, or it can be wrapped and put in the freezer for later ☺ Wrap up any leftover “mixture” or simply spread on another pita.

FLT Servings: 1 pita = 1.5-2 Grains  
.5 -1 Category 1 Veggie  
2 Proteins  
2-3 Oils