



Renee's Pita Pizza

Pizza Sauce:

1 can tomato sauce (size depends on how much sauce you want left over 😊)
Add pepper, Italian seasoning, oregano, & garlic powder to taste (don't be shy with the spices)
1tsp – 1tblsp Olive oil (depending on how big of a can of tomato sauce you used)

1 Toufayan whole wheat pita
Sauce 1-2 tablespoons per pizza
Shredded low-fat mozzarella cheese (1/2 cup)
Parmesan Cheese – light sprinkle

Toppings: the sky's the limit... broccoli, peppers, zucchini, artichokes, chicken, turkey (ground turkey is especially yummy), ground beef (get the very lean stuff and make sure to drain it). You could even splurge every once in a while with turkey pepperoni (watch the sodium content).

**Depending on how much meat/veggies you put on, the toppings will probably count as 1/2-1 protein & 1 category 1 veggies.

Total Servings for one whole pizza:
Grains – 2
Protien – 1- 2 (depends on toppings)
Veggies – 1-1.5 (depends on toppings)

*** NOTE: Any extra pizzas can be baked and then put in the fridge for later, or they can be wrapped and put in the freezer for later 😊 .