



Recipes for Success



Healthy Pita Pizza

This is a great recipe for getting your whole family involved in meal making. Prepare all of the ingredients and then let each member of the family build their own pizza!

What you need:

The Basics:	Protein: Choose 1	Veggies and Fruit: Choose 3 or more
<p>100% whole wheat pita (4 pitas)</p> <p>Pizza sauce (1 small can)</p> <p>Partly skim mozzarella cheese, grated (1 cup or 250 mL)</p>	<p>Grilled chicken: slice chicken into strips or chunks. Heat 1 tbsp of vegetable oil on a frying pan over medium heat. Add chicken and cook until centre is no longer pink.</p> <p>Black Beans: if using canned beans, drain and rinse under cold water before using.</p> <p>Tofu: slice into strips or chunks. Heat 1 tbsp of vegetable oil on a frying pan over medium heat. Add tofu and cook until lightly browned on both sides.</p> <p>Lean ground beef: place on frying pan over medium heat. Stir often and cook until no longer pink.</p>	<p>Tomato</p> <p>Coloured bell pepper</p> <p>Broccoli</p> <p>Zucchini</p> <p>Spinach</p> <p>Mushroom</p> <p>Red Onion</p> <p>Pineapple</p> <p>Apple</p>

Provide each family member with their own whole wheat pita. This will serve as the base of their pizza.

Spread 1 to 2 tablespoons of pizza sauce over the pita.

Next, place your choice of protein over the pizza sauce.

Pile your pizza high with vegetable and/or fruit toppings.

Sprinkle each pizza with ¼ cup of grated cheese.

Place pizzas in preheated oven for 10-12 minutes or until cheese is melted.

Serves 4

