Michele Sodon

NUTRITION PER SERVING:

CALORIES	275
PROTEIN	20 G
CARBOHYDRATE	41 G
TOTAL FAT	5 G

PREP TIME:	10 MINUTES (15 minutes with homemade sauce)
COOK TIME:	8 MINUTES (23 minutes with homemade sauce)

YIELD:	4 SERVINGS
SERVING SIZE:	1 PITA PIZZA

1 C	SUPER QUICK CHUNKY TOMATO SAUCE (SEE RECIPE)
1 C	GRILLED BONELESS, SKINLESS CHICKEN BREAST, DICED (ABOUT 2 SMALL BREASTS)
1 C	BROCCOLI, RINSED, CHOPPED, AND COOKED
2 TBSP	GRATED PARMESAN CHEESE
1 TBSP	FRESH BASIL, RINSED, DRIED, AND CHOPPED (OR 1 TSP DRIED)
4	(6½-INCH) WHOLE-WHEAT PITAS

NONSTICK COOKING SPRAY

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PITA PIZZAS

PERSONAL PITA PIZZAS ARE FUN TO MAKE, AND EVEN MORE FUN TO EAT!

01 Preheat oven or toaster oven to 450 °F.

02 For each pizza, spread ¼ cup tomato sauce on a pita and top with ¼ cup chicken, ¼ cup broccoli, ½ tablespoon parmesan cheese, and ¼ tablespoon chopped basil.

03 Place pitas on a nonstick baking sheet and bake for about 5–8 minutes until golden brown and chicken is heated through. Serve immediately.

✔ Keep ingredients on hand for older children to make pita pizzas for themselves.

✔ Younger children can help top their own personal pizzas.