



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



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.

