

pita pizzas



National Heart, Lung,
and Blood Institute

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Ingredients

1 cup Super Quick Chunky Tomato Sauce (See separate recipe card for details.)

1 cup grilled boneless, skinless chicken breast, diced (about 2 small breasts)

1 cup broccoli, rinsed, chopped, and cooked

2 tablespoons grated parmesan cheese

1 tablespoon fresh basil, rinsed, dried, and chopped (or 1 teaspoon dried)

4 (6¹/₂-inch) whole-wheat pitas

pita pizzas

1. Preheat oven or toaster oven to 450°F.
2. For each pizza, spread ¹/₄ cup tomato sauce on a pita and top with ¹/₄ cup chicken, ¹/₄ cup broccoli, ¹/₂ tablespoon parmesan cheese, and ¹/₄ tablespoon chopped basil.
3. Place pitas on a nonstick baking sheet and bake for about 5–8 minutes until golden brown and chicken is heated through. Serve immediately.

Yield 4 servings, **Serving Size** 1 pita pizza, **Calories** 275, **Total Fat** 5 g, **Saturated Fat** 1 g, **Cholesterol** 32 mg, **Sodium** 486 mg, **Total Fiber** 7 g, **Protein** 20 g, **Carbohydrates** 41 g, **Potassium** 362 mg