pita pizzas

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 (6½-inch) whole-wheat pitas

1. Preheat oven or toaster oven to 450°F.
2. 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.
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