



Pita Pizza Bites

Ingredients:

1 whole wheat pita bread
2 tablespoons marinara sauce
1 handful baby arugula
¼ cup mozzarella cheese, shredded
Sprinkle of herbs
5 cherry tomatoes

Topping options:

Corned, canned, low sodium, rinsed and drained
Mushrooms, canned, low sodium, rinsed and drained
Bell Pepper
Pineapple
Spinach
Jalapeno
Herbs: Italian, oregano, or basil (fresh or dried)

Instructions:

1. Evenly spread marinara sauce on top of pita bread.
2. Top with arugula and shredded cheese.
3. Place in microwave for 1 minute on medium high heat, or until cheese melted.
4. Sprinkle with desired herbs and toppings of choice.
5. Enjoy!

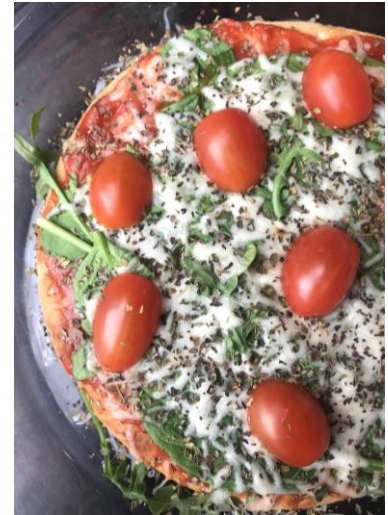
Prep Time: 0 minutes

Cooking Time: 5 minutes

Equipment:

Servings: 1

Serving Size: 1 pita



Nutrition Facts: 263 Calories, 10g Fat, 0g Saturated Fat, 40 g Carbohydrates, 15g Protein, 6 g Fiber, 3 g Sugar, 545 mg Sodium.

Check out our blog at www.cookingoncampus.arizona.edu to find past recipes and a list of upcoming classes!
For more info about nutrition and what to eat on campus, go to www.health.arizona.edu, click Health Promotion, then Nutrition.

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