



## Pita Pizzas

2 servings  
 30 minutes

### Ingredients

- 2 pieces Whole Wheat Pita
- 1 cup Mozzarella Cheese (shredded)
- 4 ozs Chicken Breast, Cooked (cooked already)
- 1 tsp Hot Sauce (to taste)
- 1/2 cup White Button Mushrooms (sliced)
- 6 pieces Assorted Olives (sliced if desired)
- 1/2 cup Shallot (sliced)
- 2 tbsps Parsley (fresh and chopped)
- 1 cup Red Bell Pepper (sliced)
- 1/4 cup Tomato Paste (spread over pita)
- 2 tsps Oregano (dried)
- 1 cup Tomato (sliced)
- 1 tsp Sea Salt & Black Pepper (to taste)

### Directions

- 1 Place 2 whole grain pita shells in the oven on broil for a few minutes until toasted on both sides. (This will help the toppings stay on). Brush with tomato paste and add veggies of your choice, add grilled chicken and evenly distribute mozzarella on top.
- 2 Sprinkle with seasonings. Cook in the oven at 400F until the cheese has melted and the centre of the pita pizza is hot. Serve with hot sauce if desired

### Notes

**Dairy Free:** Use 1 cup of grated dairy-free cheese instead

### Nutrition

Amount per serving	
Calories	531
Fat	18g
Saturated	7g
Polyunsaturated	1g
Monounsaturated	1g
Carbs	61g
Fiber	10g
Sugar	17g
Protein	42g
Sodium	1100mg
Vitamin C	123mg
Iron	5mg