

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.

