

Tomato and Basil Pita Pizza

Ingredients:

- 2 whole wheat pita's approximately 7"
- 2 tomato's, thinly sliced
- 1 tbsp. fresh basil, chopped
- 1 cup fresh basil leaves
- ¼ reduced fat mozzarella cheese
- 3 garlic cloves
- ½ tbsp. pine nuts
- 1 tsp. extra virgin olive oil
- ¼ tsp. black pepper



Nutrition Facts

Serving Size 1 pizza (235g)
Servings Per Container 2

Amount Per Serving	
Calories 240	Calories from Fat 60
	% Daily Value*
Total Fat 7g	11%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 350mg	15%
Total Carbohydrate 36g	12%
Dietary Fiber 6g	24%
Sugars 5g	
Protein 11g	
Vitamin A 30%	• Vitamin C 50%
Calcium 20%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	



Directions:

1. Preheat oven to 425 degrees.
2. In a food processor add, 1 cup basil, olive oil, pine nuts, garlic cloves and pepper.
3. Pulse until mixture is pureed, add water, 1 tbsp. at a time if pesto is too thick.
4. On each pita bread, spread a thin layer of the basil pesto.
5. Add a layer of tomato, sprinkle cheese evenly over each pita and top with fresh basil. Bake 7 minutes, or until cheese is golden and melted.