

## Veggie Pita Pizzas

Serves: 4

### Ingredients

4 whole-wheat pita bread rounds	½ tsp. dried oregano
1 cup reduced-sodium pasta sauce	½ tsp. dried basil
½ red bell pepper, finely diced	½ cup shredded part-skim mozzarella cheese
1 small zucchini, finely diced.	2 Tbsp. grated Parmesan cheese
1 small yellow squash, finely diced	Crushed red pepper flakes (optional)
1 (3oz.) can sliced mushrooms, drained (or 6oz. fresh mushrooms, sliced)	

Preheat oven to broiler setting.

On an oven rack or in a toaster oven, toast the pita bread for 1 minute. Remove and cool slightly.

Spread ¼ cup pasta sauce on each pita round. In a medium bowl, combine red pepper, zucchini, yellow squash and mushrooms. Spoon mixture evenly onto pita rounds. Sprinkle all four pitas evenly with oregano and basil. Divide mozzarella among pitas. Top each with 2 tsp. of Parmesan cheese. If desired, sprinkle with a it of crushed red pepper flakes.

**Per Serving:** 170 calories, 5g total fat (2.5g saturated fat), 25g carbohydrate, 11g protein, 4g dietary fiber, 300mg sodium.