
ROASTED TOMATO PITA PIZZAS

Nut-Free, Egg-Free, Vegetarian

Yield: 6 servings **Total time:** 30 minutes



D'LISH

Ingredients

- 3 cups (OR 2 pints) grape tomatoes, halved
- 1 tbsp olive oil
- 2 garlic cloves, minced
- 1/2 tsp dried basil
- 1 tbsp fresh basil, chopped
- 1/4 tsp garlic powder
- 1/4 tsp paprika
- 1/4 tsp black pepper
- 1/4 tsp salt
- 3/4 cup (OR 3 oz) low-fat shredded cheese (parmesan, mozzarella)
- 6 whole-wheat pita breads

Directions

1. Preheat oven to 425°F. Prep ingredients: Clean and chop grape tomatoes, mince garlic.
2. In a baking pan, mix together the tomatoes, oil, garlic, basil, pepper and salt. Roast for 10 minutes. Pull out baking sheet, stir the tomatoes and mash down any soft ones to release their liquid. Put baking sheet back in the oven and roast for 10 more minutes.
3. While the tomatoes are roasting, sprinkle 2 tbsp of cheese over each pita. Place the pitas on a baking sheet and toast in the oven for 5 minutes – try to time the pita with the last 5 minutes of the tomatoes roasting.

Grocery List

- Grape tomatoes
- Olive oils
- Garlic cloves
- Basil
- Garlic powder
- Paprika
- Black pepper
- Salt
- Shredded cheese
- Whole-wheat pita

Kitchen Equipment

- Cutting board
- Knife
- Measuring spoons
- Measuring cups
- 2 Baking sheets
- Wooden spoon
- Serving plates

4. Remove the tomato sauce and pita bread from the oven. Stir the tomatoes, spoon about 1/3 cup of sauce over each pita bread and serve.

Per serving: Calories: 259; Total Fat: 7g; Saturated Fat: 3g; Sodium: 555mg;
Total Carbohydrates: 40g; Fiber: 6g; Protein: 12g

Prep tip

- May add additional toppings, like vegetables (mushrooms, artichokes, zucchini, spinach, arugula, peppers, broccoli) or protein (shrimp, chicken, sardines, beans, seeds)
- Instead of grape tomatoes can use cherry or canned whole plum tomatoes. The longer you keep the tomatoes roasting the thicker and richer the sauce will become.

Nutrition Information

- Pita is a type of flatbread from the Mediterranean region. When made from whole grains it is loaded with fiber and other essential nutrients. Fiber aids in gut and immune health, managing blood sugars and may reduce risk of heart disease. It also helps satisfy your hungry making you feel fuller longer.
- By using pita bread as the base for homemade pizzas you are adding more nutrient dense ingredients to your meal.

Notes