



Flavorful Spinach Pita Pizzas

12

6 Servings

Preparation time: 10 minutes

Cook time: 12 minutes

Ready in: 22 minutes

Directions

1. Preheat the oven to 350 degrees F.
2. Spread pesto onto one side of each pita bread and place them pesto-side up on a baking sheet. Top pitas with tomatoes, spinach, mushrooms, feta cheese and Parmesan or Manchego cheese, drizzle with olive oil and season with pepper.
3. Bake in the preheated oven until pita bread is crisp, about 12 minutes. Cut pitas into quarters.
4. Serve and enjoy!

Nutritional Information

Calories: 382

Protein: 13 g

Fat: 15 g

Carbohydrate: 53 g

Dietary Fiber: 8 g

Sodium: 890 mg

Potassium: 315 mg

Ingredients

1 (6-ounce) tub of sun-dried tomato pesto or other pesto

6 (6-inch) whole wheat pita breads

2 roma (plum) tomatoes, chopped

1 bunch spinach, rinsed and chopped

4 fresh mushrooms, sliced

½ cup crumbled feta cheese

2 tablespoons grated Parmesan or Manchego cheese

3 tablespoons olive oil

ground black pepper to taste