



MyPlate Pita Pizzas

Servings: 4
Serving Size: 1 pita

Ingredients:

- 4 whole wheat pita breads
- 1/4 cup low-sodium spaghetti sauce or pizza sauce
- 1/4 teaspoon dried oregano or Italian seasoning
- 1 cup bell pepper, washed and chopped
- 1 1/2 cups canned pineapple chunks packed in 100% fruit juice, drained
- 1/3 cup low-sodium ham, diced
- 3/4 cup low-fat cheddar cheese, grated

Directions:

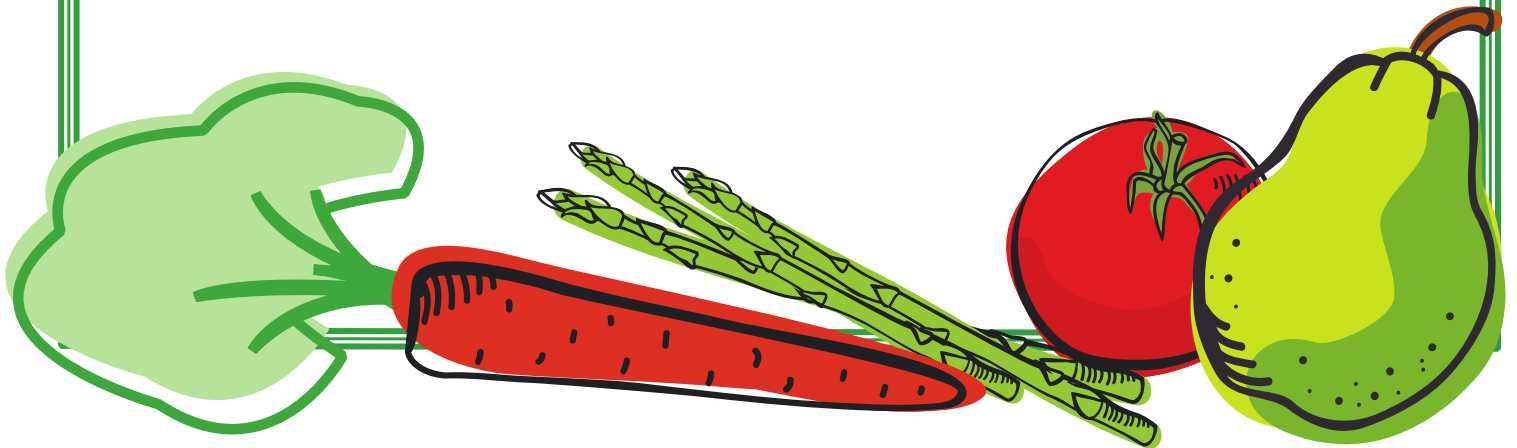
1. Heat oven to 400 degrees. Place pita bread on baking sheet.
2. Spread each pita with 1 tablespoon of spaghetti sauce. Sprinkle with seasoning.
3. Top each pita with pepper, pineapple, ham, and cheese. Bake until hot and cheese bubbles, about 5 minutes.
4. Remove pizzas from baking sheet. Place each pizza on a dinner plate and serve.

Nutrition Facts	
Serving Size 1 pita	
Servings Per Container 4	
Amount Per Serving	
Calories 300	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 640mg	27%
Total Carbohydrate 50g	17%
Dietary Fiber 6g	24%
Sugars 13g	
Protein 16g	
Vitamin A 4%	• Vitamin C 15%
Calcium 10%	• 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



For more recipes: www.eatsmart.umd.edu

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