

Healthy cooking with Nicole

Easy Pita Pizzas

Pepperoni or veggie

1 pkg St Josephs High Fiber pita pockets,
larger size
1 can tomato sauce
1 pkg shredded parmesan or mozzarella
1 pkg sliced turkey pepperoni
Sliced veggies of your choice:
Peppers, mushrooms, onions, etc.
Italian seasoning
Baking sheet



Preheat oven to 425 degrees.
Place pita on the cookie tray.
Using a spoon, put 2 tablespoons of sauce on pita
Top with toppings you like.
Sprinkle with Italian seasoning if you like.
Bake for 10 minutes or until cheese is melted.

Barbecue Chicken Pizza

Preheat oven to 425 degrees.
Place pita on the cookie tray.
Using a spoon, put 2 tablespoons of barbecue sauce
on pita
Top with cooked chicken.
Sprinkle with low fat shredded cheese
Sprinkle with Caramelized onions if you like.
Bake for 10 minutes or until cheese is melted



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Margarita pizza

1/4 cup washed and sliced basil
1 cup fresh mozzarella balls, cut in half
4 large tomatoes, washed and diced
balsamic vinaigrette dressing- below, or use
bottled balsamic glaze.



Balsamic dressing

1/4 cup olive oil
1/4 cup balsamic vinegar
1 tablespoon dijon mustard
1 tablespoon honey to taste.
Mix together in container with lid then shake.

Place tomatoes on pita
Top with fresh mozzarella cheese
Add basil
Drizzle lightly with balsamic dressing

Healthy tip:

Pizza from a restaurant is cooked with lots of extra oil, and high fat cheeses and toppings. Just look at the greasy paper you usually see on the bottom of the pizza box!

Making pizza yourself is fun, and you can use lower fat cheeses, stronger flavored cheese like freshly grated parmesan, and more vegetable and lower fat toppings like grilled chicken and turkey pepperoni. Using healthy pita like St Josephs High Fiber tortilla gives you nice flavor for under 100 calories. Most of the calories from even the most healthy pizzas come from the crust.