Pita Pizzas

Source: 21-Day Weight Loss Kickstart by Neal Barnard, MD; recipe by Jason Wyrick of the Vegan Culinary Experience

This recipe has a savory flavor from the hummus, which makes an excellent alternative to cheese.

About the Recipe

338 Calories · 14.7 g Protein · 10.8 g Fiber
Lunch · Dinner
Nut-free

Ingredients

Makes 1 Servings

• red pepper hummus (1/4 cup)
• whole-wheat pita (1)
• cracked black pepper (1/4 tsp.)
• baked toppings: thyme, green olives, roasted garlic, sun-dried tomatoes, roasted red peppers, cipollini onions (to taste)
• fresh toppings: sliced basil, Roma tomatoes, Peppadew peppers, arugula (to taste)

Directions
1. Spread the hummus over the pita, except for the edge. Sprinkle with cracked black pepper. Add the baked toppings (these toppings are not baked before they go on the pizza; the name just refers to toppings that get baked on top of the pizza). As a variation, add pizza sauce instead of hummus.
2. Bake the pita pizza at 350 F for 7 to 8 minutes. Then spread any of the fresh toppings on the pizza after it comes out of the oven.

**Nutrition Facts**

*Per serving (1 pizza)*

- **Calories:** 338
- **Fat:** 3.6 g
  - **Saturated Fat:** 0.3 g
  - **Calories from Fat:** 8.6%
- **Cholesterol:** 0 mg
- **Protein:** 14.7 g
- **Carbohydrates:** 67 g
- **Sugar:** 8.6 g
- **Fiber:** 10.8 g
- **Sodium:** 842 mg
- **Calcium:** 155 mg
- **Iron:** 4.4 mg
- **Vitamin C:** 28 mg
- **Beta-Carotene:** 1220 mcg
- **Vitamin E:** 1.5 mg