Greek Pita Pizzas

Spice up your summer barbeque and try one of these on the grill!

Ingredients:

- 6 (6 inch) whole wheat pita breads
- 4 tablespoons olive oil, divided
- 2 cloves garlic, minced
- 3 roma (plum) tomatoes, chopped
- 1 bunch spinach, rinsed and chopped
- 4 fresh mushrooms, sliced
- ½ cup crumbled feta cheese, reduced fat
- 2 tablespoons grated Mizithra cheese (optional)
- 1 pinch ground black pepper to taste

Directions:

1. Preheat the oven to 350 degrees F.
2. Combine 2 tablespoons olive oil with 2 cloves garlic. Brush onto one side of each pita bread. Place them oil side up on a baking sheet. Layer with spinach, tomatoes, mushrooms, feta cheese, and Mizithra cheese (if using). Drizzle with remaining 2 tablespoons olive oil and season with pepper.
3. Bake for 10-12 minutes or until pita breads are crisp. Cut into quarters and serve.

Tip: Experiment with other Greek flavors like olives, artichokes, red onions, or fresh oregano.

Serving Size: 1 pita
Yield: 6 servings

<table>
<thead>
<tr>
<th>Nutrition Information / Amount per serving:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
</tr>
<tr>
<td>Total fat</td>
</tr>
<tr>
<td>Saturated fat</td>
</tr>
<tr>
<td>Cholesterol</td>
</tr>
</tbody>
</table>

For other great recipes, check out our cooking classes and cookbook at www.nutritioncenter.colostate.edu