

Mini Pita Pizzas

Makes 4 servings

Ingredients

- 4 small whole wheat pitas
- 1 ½ cups pasta sauce (or canned pizza sauce)
- ¼ cup finely chopped onion
- ½ cup finely chopped green pepper
- ½ cup sliced mushrooms
- 1 cup grated Mozzarella cheese
- Dried basil and oregano

Directions

1. Preheat oven to 350 F (180 C).
2. Place pitas on baking sheet.
3. Spread tomato sauce on each pita. Sprinkle lightly with basil and oregano.
4. Put onion, green pepper and mushrooms on top of each pita. Sprinkle with cheese.
5. Bake until hot and bubbly, about 20 minutes.

Source: The Basic Shelf Cookbook (1994), City of York Health Unit
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