



## Whole Grain Pita Pizza w/ Homemade Sauce option Side Salad with Citrus Vinaigrette

SERVES 4

Pillars of Nutrition: All in with Whole Grains, Eat The Rainbow

### Pizza:

- 4 **whole grain pitas or flatbread**
- ½ cup **jar or homemade sauce\*** (see box)
- 1 ½ cups **mozzarella cheese**, shredded
- ½ cup **mini bell pepper**, chopped
- ½ cup **cherry tomatoes**, halved
- 2 **mushrooms**, sliced
- ¼ **Red onion**, slivered
- fresh **basil leaves**

### Salad:

- 4 cups **spinach leaves**
- **red onion**, sliced thin

### Vinaigrette Dressing:

- 1 **orange**, juiced
- 1 teaspoon **mustard**
- 2 Tablespoons **oil**
- **salt & pepper**

### Something to **Chew** On

- Explore new topping ideas on your pizza. What other vegetables would you try?
- Make your own Homemade Pizza Sauce\*
  - 1 6 oz. can **tomato paste**
  - 2 Tablespoons **water**
  - 1 Tablespoon **olive oil**
  - ½ teaspoon **salt**
  - ½ Tablespoon **red onion**, minced

### Pizza

1. Heat the oven to 350°.
2. Make Homemade Pizza Sauce.
3. Shred the **cheese**.
4. Slice the **peppers, tomatoes, onion** and **mushrooms**.
5. Spread 1-2 Tablespoons of **tomato sauce** on top of each **pita or flatbread**, using the back of a spoon.
6. Sprinkle the **cheese** over the sauce. Place the **basil** and **vegetables** evenly on top.
7. Place the **pitats** on a baking sheet and put them on a middle rack of the oven.
8. Bake for 12-15 minutes, or until the cheese is melted.

### Salad and Dressing

9. While pizza is in the oven, halve and juice the **orange**.
10. Add all the vinaigrette ingredients in a small bowl. Whisk to combine. Set aside.
11. Slice the **onions** in thin slivers
12. Assemble the salad by combining the **spinach**, some of the **onion** slices and any leftover **orange** pieces or extra pizza vegetables on a plate. Drizzle with dressing.