

Herbal Legacy Recipes

Pita Bread Pizza

Try making these mini pizzas when everyone can't decide on the same toppings. With these individually sized pizzas the problem is solved. In addition to the toppings listed, you could also add pineapple bits, olives, or spinach to name a few. Make it tonight!

INGREDIENTS:

- Tomato sauce
- 1 large, ripe tomato chopped
- 1 clove garlic crushed
- 1 ½ teaspoons Italian seasoning
- 1/3 Cup chopped onion
- 1 red bell pepper, diced
- 1 cup thinly sliced mushrooms
- 6 pieces of whole wheat pita bread
- Sea salt



DIRECTIONS:

Preheat oven to 375°F. After chopping the tomato, place it in a colander to allow juices to drain off, let sit for 3-5 minutes while you prepare the other vegetables.

Combine tomatoes, crushed garlic, Italian seasonings and a dash of sea salt.

Spread each pita bread with 2 to 3 tablespoons of tomato sauce. Next add the tomato mixture. Finally, top with chopped vegetables. Repeat with remaining pita breads. Arrange on a baking sheet and bake until edges are lightly browned, about 10 minutes.

Do you want to add a little flair? Add one of the following toppings after your pizza is done cooking:

- Add a dollop of "A Pesto for all Seasons" just before serving.
- Place a bed of sprouts on top of the cooked pizza then add a few slices of ripe Avocado sprinkle with a little sea salt. **DO NOT COOK AVOCADO**
- Drizzle Extra Virgin Olive Oil and sprinkle with Nutritional Yeast Flakes.
- Garnish with a few leaves of fresh basil.

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