



PITA PIZZAS

Prep Time: About 5 – 10 minutes

Cooking Time: About 15 – 20

Easy

Serves 2

Course: Dinner, Lunch

Cuisine: Italian

Method: Oven

Keyword: Pita pizza, Italian food

THINGS YOU'LL NEED

- Baking sheet
- Parchment paper
- Measuring spoons and cups
- Spatula for serving

INGREDIENTS

- 2 (6.5 inch) low-carb **pita bread**. I use Joseph's Low Carb Pitas – they have 7 net carbs.
- 4 –6 tablespoons pizza/marinara or your favorite spaghetti **sauce**
- Sprinkle of **Oregano** for each pizza
- Ground black **pepper to taste**
- About 1 cup Shredded **Mozzarella** cheese (you can use more if you like your pizza extra cheesy).

Pizza toppings of your choice (like mushrooms, spinach, olives, pepperoni) ***If you're using raw vegetable like green peppers/red peppers or onions or mushrooms, soften them in the microwave for a few minutes.***

- Grated **parmesan** cheese for topping (optional)
- **Crushed red pepper** (optional)

Good-Looking Grub

DIRECTIONS

- 1 Preheat the oven to 400 degrees F.
- 2 Place the pita bread on a baking sheet – lined with parchment paper.
- 3 Heat the bread in the top rack of your oven for about 5 minutes.
- 4 Remove the baking sheet from the oven and place on a heat resistant surface and let cool for a few minutes.
- 5 Spoon about two to three tablespoons of the pizza/spaghetti sauce in the center of each pita bread.
- 6 Sprinkle the oregano over the sauce.
- 7 Add about a half cup of the shredded cheese on top of each pita bread.
- 8 Pile your favorite toppings on top of the cheese and place back in the oven for another 8 – 10 minutes. Once the cheese has melted and golden and the pizza crust is firm, take the baking sheet out of the oven and let cool on a heat resistant surface for a few minutes. Enjoy your fresh pizza right out of the oven.

SERVING SUGGESTIONS

Serve with a salad, chicken wings or meatballs.

You can also make these pizzas with Joseph's Mini Low-Carb Pitas for snack-sized pizzas. They may require less cooking time.

TIPS

Be sure not to skip step 3 - heating the bread in the oven for 5 minutes. This helps to prevent the pizza from getting soggy and the bread will be crispier.

***** Carb count will depend on the bread, sauce and topping you use.** One piece Joseph's low carb pita bread has 7 net carbs, 3 tablespoons of marinara sauce has about 4 grams of carbs and ½ cup of mozzarella cheese has 2 grams of carbs. So, for a slice of pita cheese pizza, this recipe is about 13 – 15 carbs – ***without toppings.***

A traditional slice of cheese pizza is about 42 grams of carbs.