



Healthy cooking with kids

Pita pizza

Healthy Tips: Encourage kids to add some vegetables that they wouldn't usually eat to their pizzas. Using the vegetables to make a picture or a funny face makes kids more likely to eat it! Whole wheat pitas, tortillas and pizza crusts are all healthier options. Swapping out pepperoni for turkey pepperoni will make your pizza a bit healthier, too.

1 PITA = 1 SERVING

INGREDIENT LIST:

Pita bread
Pizza sauce
Shredded mozzarella
Desired toppings (Options include olives, peppers, mushrooms, turkey pepperoni, onions, chicken, etc.)

SAFETY TIP:

Be sure to let pizzas cool before serving. The sauce can be very hot underneath the cheese, which can lead to burns.

PREPARATION: Preheat the oven to 450 degrees Fahrenheit. Place pita bread on a baking sheet. Spread two or three tablespoons of pizza sauce on top of each pita, then top with cheese and your favorite toppings. Bake for about 8 minutes, or until the cheese has melted and is bubbly. Serve whole or cut into slices.

Watch our cooking videos on YouTube. Search Children's Wisconsin pita pizza.