



Let's cook something delish!

# Mediterranean Pita Pizza

4 servings  
Serving Size: 1/2 pita

## Ingredients

- 2 whole-wheat pitas (6-inch diameter)
- ¼ cup hummus
- ½ cup fresh or frozen spinach, chopped (if frozen, defrost and drain first)
- ½ cup black beans, rinsed
- ½ cup artichoke hearts, cut into quarters
- ¼ cup non- or low-fat Swiss cheese, shredded

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## Directions

1. Preheat oven to 325°F (162°C).
2. Spread hummus evenly over pitas. Add beans, spinach and artichoke hearts. Top with cheese.
3. Bake in the oven for 15 minutes or until pita is toasted. Let cool and enjoy.

Find more delicious recipes at [hally.com/category/food-cooking](http://hally.com/category/food-cooking). Yum!

Nutrition facts: Calories: 160, Total fat: 2 g, Saturated fat: 0 g, Total Carbohydrate: 29 g, Fiber: 7 g, Protein: 8 g

Source: <http://www.eatright.org>

*Photo may include foods and ingredients that aren't a part of this recipe or included in the nutrition analysis.*

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