

MINI VEGETABLE WHEAT PIZZAS

Yield: 6 Servings



TOTAL TIME: 45 minutes

INGREDIENTS

- 1 pkg. (1 cup) chopped onions
- 1 pkg. (4 oz.) Wegmans gourmet blend mushrooms
- 2 Tbsp. pure olive oil, divided
- Salt and pepper
- ½ pint sweet cherry tomatoes
- 1 cup (about 8 oz.) roasted tomatoes (Mediterranean Bar)
- ½ Tbsp. chopped oregano
- 2 Tbsp. chopped basil
- 1 pkg. (5 oz.) baby spinach
- 1 pkg. (14 oz.) 100% whole wheat pita bread
- ½ of an 8 oz. pkg. low-moisture part-skim mozzarella cheese

PREPARATION

Preheat oven to 350 degrees.

1. Toss onion and mushrooms with 1 Tbsp. olive oil; season with salt and pepper. Arrange in single layer on large baking sheet. Cook 10 min. Remove from oven. Set aside.
2. Sprinkle cherry tomatoes with salt and pepper; toss with remaining Tbsp. olive oil.
3. Slide mushroom-onion mixture to one side on baking sheet; arrange cherry tomatoes on other side. Return pan to oven; cook about 8 min. until tomato skins crack.
4. While cherry tomatoes cook, purée roasted tomatoes, oregano and basil in blender until smooth. Set aside.
5. Remove pan from oven. Add spinach to only tomatoes on pan; stir to combine. Return pan to oven; cook 2 min. Remove from oven and set aside.
6. Toast pitas on oven racks 5–6 min. Transfer to clean baking sheet. Spread each pita evenly with 2 Tbsp. tomato puree. Top with mushroom-onion mixture; sprinkle evenly with cheese and top with tomato-spinach mixture.
7. Return pizzas to oven; cook 6–8 min., until cheese melts and edges brown.

NUTRITION

Per serving: Calories: 320; Fat: 13 g (3 g Saturated fat); Cholesterol: 10 mg; Carbohydrates: 42 g; Protein: 16 g; Fiber: 10 g; Sodium: 520 mg.

Recipe courtesy of Wegmans