

Veggie Pita Pizza with Hummus

5 ingredients · 15 minutes · 2 servings



Directions

1. Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. In a large pan, heat the olive oil over medium-high heat. Cook the bell pepper and zucchini slices until tender and lightly browned.
3. Spread hummus over the pita and top with the bell pepper and zucchini. Place onto the baking sheet and bake for 8 to 10 minutes or until the pita is toasted.
4. Let cool slightly and slice. Enjoy!

Notes

No Olive Oil

Use coconut oil, avocado oil, ghee or butter instead.

No Whole Wheat Pita

Use tortillas or flatbread instead.

Prep Ahead

Cook the bell pepper and zucchini slices ahead of time and refrigerate in an airtight container up to 3 to 5 days.

Ingredients

- 1 1/2 **tsps** Extra Virgin Olive Oil
- 1/2 Red Bell Pepper (thinly sliced)
- 1/2 Zucchini (medium, sliced)
- 1/2 **cup** Hummus
- 2 Whole Wheat Pita

Nutrition

Amount per serving

Calories	359	Calcium	48mg
Fat	16g	Iron	4mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsaturated	7g	Thiamine	0.4mg
Monounsaturated	6g	Riboflavin	0.2mg
Carbs	48g	Niacin	3mg
Fiber	8g	Vitamin B6	0.4mg
Sugar	5g	Folate	77µg
Protein	12g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	253mg
Sodium	537mg	Magnesium	103mg
Potassium	491mg	Zinc	2mg
Vitamin A	1044IU	Selenium	31µg
Vitamin C	47mg		