

FUSION

FITNESS STUDIO

NUTRITION PER SERVING:

CALORIES	275
PROTEIN	20 G
CARBOHYDRATE	41 G
TOTAL FAT	5 G

PREP TIME: 10 MINUTES
(15 minutes with homemade sauce)

COOK TIME: 8 MINUTES
(23 minutes with homemade sauce)

YIELD: 4 SERVINGS
SERVING SIZE: 1 PITA PIZZA

1 C SUPER QUICK CHUNKY TOMATO SAUCE (SEE RECIPE)

1 C GRILLED BONELESS, SKINLESS CHICKEN BREAST, DICED (ABOUT 2 SMALL BREASTS)

1 C BROCCOLI, RINSED, CHOPPED, AND COOKED

2 TBSP GRATED PARMESAN CHEESE

1 TBSP FRESH BASIL, RINSED, DRIED, AND CHOPPED (OR 1 TSP DRIED)

4 (6½-INCH) WHOLE-WHEAT PITAS

NONSTICK COOKING SPRAY



PITA PIZZAS

PERSONAL PITA PIZZAS ARE FUN TO MAKE, AND EVEN MORE FUN TO EAT!

- 01 Preheat oven or toaster oven to 450 °F.
- 02 For each pizza, spread ¼ cup tomato sauce on a pita and top with ¼ cup chicken, ¼ cup broccoli, ½ tablespoon parmesan cheese, and ¼ tablespoon chopped basil.
- 03 Place pitas on a nonstick baking sheet and bake for about 5–8 minutes until golden brown and chicken is heated through. Serve immediately.

✓ Keep ingredients on hand for older children to make pita pizzas for themselves.

✓ Younger children can help top their own personal pizzas.

