



The Great Greek Pizza



Entire recipe: 277 calories, 4.75g total fat (1.5g sat. fat), 990mg sodium, 38g carbs, 8.5g fiber, 4.5g sugars, 19g protein

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Prep: 10 minutes **Cook:** 15 minutes



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Ingredients

1 stick light string cheese
1/2 cup thawed-from-frozen chopped spinach, squeezed dry
2 tbsp. crumbled fat-free feta cheese
1/2 tsp. crushed garlic
1 high-fiber pita
3 tbsp. canned crushed tomatoes
2 thin slices red onion, rings separated and halved
1 tbsp. sliced black olives
4 slices plum tomato
Dash dried oregano or 1/4 tsp. fresh oregano
Optional seasonings: salt and black pepper

Directions

Preheat oven to 375 degrees. Spray a baking sheet with nonstick spray.

Break string cheese into thirds and place in a blender or food processor--blend at high speed until shredded. (Or pull into shreds and roughly chop.)

In a medium bowl, mix spinach, feta cheese, and garlic.

Lay pita on the baking sheet and spread with crushed tomatoes, leaving a 1/2-inch border. Top with spinach-feta mixture and sprinkle with shredded string cheese.

Top with onion, olives, and tomato, and sprinkle with oregano.

Bake until hot and lightly browned, 10 to 12 minutes. Enjoy!

MAKES 1 SERVING

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