



## 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

**Green Plan [SmartPoints](#)® value 6\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 5\***

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



Tagged: [Lunch & Dinner Recipes](#), [Vegetarian Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

### 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**

[SmartPoints](#)® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.