

# Whole Wheat Pita Pizza with Spinach, Fontina, and Onions



## Ingredients

- 3 tsp. olive oil, divided
- 3 garlic cloves, minced
- 2 c. of vertically sliced red onion
- 2 c. fresh baby spinach leaves
- 4 (7-inch) whole wheat pitas
- ¼ c. (2 oz.) shredded Fontina cheese

## Directions

1. Preheat oven to 450 degrees.
2. Heat 1 tsp. olive oil in a medium nonstick skillet over medium-high heat. Add garlic and onion; sauté five minutes or until tender.
3. Add spinach and sauté two minutes or just until spinach begins to wilt. Remove from heat.
4. Place pitas on a large baking sheet; brush with remaining two tsp. olive oil. Top pitas evenly with garlic-spinach mixture and cheese. Bake at 450 degrees for four minutes or until cheese melts and pitas are brown.

*Yield 4 servings, serving size: 1 pizza. Calories: 287. Fat: 9.5 g.  
Saturated Fat: 3.5 g. Cholesterol: 16 mg. Sodium 466 g,  
Carbohydrates: 42.6 g, Fiber: 6.2 g, Protein: 11 g.*

\*Recipe from: Cooking Light, recipe developer: Oxmoor House