

Easy Pita Pizza with Green Salad

by Laura Spencer, Bonfire Nutrition



Partnered with



Serves 2

Time: 30 minutes

4 whole grain pitas	1 red pepper
1 chicken breast, <i>oven roasted</i>	1 yellow pepper
4 strips smoked salmon	1 tbsp feta cheese
2 tsp oregano	1/2 cup kalamata olives, <i>pitted</i>
3 tbsp pizza or pasta sauce, or plain strained tomato sauce	2 cups mozzarella cheese
1 tomato	1 tbsp hemp hearts
4 mushrooms	2 cups mixed greens
	Nature's Fare dressing of choice

1. Preheat oven to 350° F.
2. Divide the pitas onto two parchment-lined baking trays.
3. Spread pizza or tomato sauce evenly onto each pita.
4. Layer on the vegetables. Experiment with different topping combinations; the sky is the limit.
5. Finish with a sprinkle of each of the cheeses and bake for 15 minutes.
6. While pizzas are in the oven, make the green salad. In a medium sized bowl, toss the greens and hemp hearts. You can also add any other vegetable you want here. Drizzle in your favourite Nature's Fare dressing and toss.
7. Let the pizzas cool for a minute or so before slicing. Enjoy!