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**Pita Pizzas (4 servings)**

* 4 whole wheat pita breads
* Olive oil
* 1 can of tomato sauce
* Fresh or dried oregano, basil, and red pepper flakes
* 2 cloves of garlic
* Splash of red wine vinegar or cider vinegar
* Your favorite veggie pizza toppings (peppers, onions, squash, eggplant, broccoli, mushrooms, spinach, even apple, pear, or fig slices can make tasty pizza toppings!)
* a few handfuls of shredded mozzarella cheese

Preheat the oven to 350 degrees. Add just enough oil to coat the bottom of a small sauce pan. Sauté minced garlic cloves until they soften and start to smell delicious. Add tomato sauce and season to taste with herbs, salt, pepper, and a splash of vinegar. Let sauce simmer while you prepare the pizzas. Slice or dice you veggie toppings and sauté them in another pan until they are cooked through. Start longer cooking veggies first (onions, eggplant) and add faster cooking veggies (peppers, squash, spinach) as they begin to cook.

Spray a baking sheet with cooking oil and assemble pizzas directly on the sheet. Spread spoonfuls of the sauce (not too much or they will be soggy!) on the pita breads. Add veggies and a small handful of cheese to each pizza. Bake in a 350 degree oven just a few minutes until the pita is warm and the cheese melts.