



# FORKS OVER KNIVES®

## **Fast Pizza | by Mary McDougall**

From *The McDougall Program*

Serves 1



- 1 pita bread
- ¼ cup low-sodium tomato sauce
- ⅛ teaspoon dried basil
- ⅛ teaspoon dried oregano

### **Toppings (choose as many or as few as you wish):**

- ⅛ cup chopped yellow onions
- ⅛ cup chopped scallions
- ⅛ cup chopped green peppers
- 4 sliced mushrooms
- ⅛ cup alfalfa sprouts

### ***Instructions:***

Cut the pita bread in half by separating it into two circles. Spread each half with tomato sauce. Sprinkle on the basil and oregano and add the toppings of your choice. Bake at 300°F for 10 minutes, or heat in toaster oven for 5 minutes at 250°F.