

Mediterranean Pita Pizza

Ingredients

- 2 whole-wheat pitas (6-inch diameter)
- ¼ cup hummus
- ½ cup fresh or frozen spinach, chopped (if frozen, defrost and drain first)
- ½ cup black beans, rinsed
- ½ cup artichoke hearts, cut into quarters
- ¼ cup non- or low-fat Swiss cheese, shredded



Directions

1. Preheat oven to 325°F.
2. Spread hummus evenly over pitas. Add beans, spinach and artichoke hearts.
3. Top pitas with cheese.
4. Bake in oven for 15 minutes or until pita is toasted.
Let cool and enjoy.

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