Roasted Leek and Vegetable Pita Pizza

Serves 8

8 individual whole wheat pita breads
1 cup pizza sauce
2 cups shredded part skim mozzarella cheese
1 ½ cup diced red pepper
(about 2 medium peppers)
1 ½ cup diced yellow pepper
(about 2 medium peppers)
1 ½ cup diced zucchini, unpeeled
(about 2 medium zucchini)
1 ½ cup diced leek, white & pale green part
(about 3 leeks)
1 ½ cup peeled, diced carrot
(approx. 3 medium carrots)
¼ cup olive oil
4 tsp. dried oregano



Procedure

Preheat oven to 400 degrees. Toss the vegetables in a bowl with the olive oil. Spread onto a sheet pan and place into oven for 15-20 minutes or until tender. Stir occasionally. Remove and cool the vegetables. Top each pita with about 2 tbsp. of pizza sauce, ½ cup veggies, ¼ cup of cheese and ½ tsp. of oregano. Place back into oven for 5-8 minutes or until heated through and the cheese is melted. Recipe courtesy of Chef Thomas Sacksteder of Gundersen Lutheran. For more information see www.getactivewisconsin.org