

Flying veggie pita



Recipe classification	ACT	NSW	NT	QLD	SA	TAS	VIC	WA
	Green	Everyday	Green	Green	Green	Green	Green	Green

PREP/COOKING TIME: 25 MINUTES

BASED ON: 10 SERVES

INGREDIENTS

	SERVES 10	SERVES 25	SERVES 50
Large, wholemeal pita bread	10 pitas	25 pitas	50 pitas
Tomato paste	115 g	250 g	500 g
Small onions, sliced	5	12 ½	25
Green capsicums, cut in strips	2	6	12
Mushrooms, finely sliced	8 - 10	23	47
Small tomatoes, sliced	5	12	25
Small zucchinis, sliced	5	12	25
Reduced-fat cheese, grated	470 g	1.2 kg	2.3 kg
Dried oregano (to taste)			
Black pepper (to taste)			

METHOD

1. Preheat oven to 180°C
2. Place pita bread on a baking tray
3. Spread pita bread with tomato paste
4. Evenly cover pita bread with vegetables, then cheese
5. Sprinkle pita top with oregano and black pepper
6. Bake for 20 minutes or until golden brown
7. Cut each pita into quarters, serve two quarters.