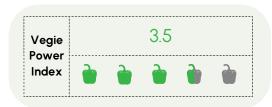
Flying vegie pita







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

BASED ON: 10 SERVES

PREP/COOKING TIME: 25 MINUTES

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)			

METHOD

1. Preheat oven to 180°C

Black pepper (to taste)

- 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.