



A Nutrition Resource

PULSE PITA PIZZAS

Yield: 6 Servings

Cost/Serving: \$1.70

Ingredients:

- 3 tbsp olive oil
- 3 tbsp tomato paste
- 2 tsp oregano, dried
- 1 tsp basil, dried
- 1/2 tsp onion powder
- 1/2 tsp red pepper flakes
- 2 cups red lentils, *cooked and warm*
- 2 cloves garlic
- 2 tbsp lemon juice
- 2 tbsp water
- 1/4 cup parmesan, *grated*
- 6 pitas, quartered for bites or whole for personal pizza
- 1 cup mozzarella, *shredded*
- 1 cup pepperoni, *sliced*
- Salt and pepper to taste

Directions:

1. Heat oil in saucepan over medium heat.
2. Add tomato paste, oregano, and basil and cook for 2-3 minutes, stirring continuously.
3. Transfer mixture to a food processor or high-speed blender and add lentils, garlic, lemon juice, and hot water.

Nutrition Facts

6 servings per container

Serving size 1 pita (0.0g)

Amount Per Serving

Calories **370**

% Daily Value*

Total Fat 10g **13%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 560mg **24%**

Total Carbohydrate 56g **20%**

Dietary Fiber 11g **39%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

Protein 20g

Vitamin D 0mcg **0%**

Calcium 290mg **25%**

Iron 6.1mg **35%**

Potassium 390mg **8%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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4. Puree until smooth and creamy, while adding parmesan.
5. Season with salt and pepper to taste.
6. Top each piece of pita with a spoonful of sauce/lentil mixture, a sprinkle of mozzarella, and slice of pepperoni.
7. Reheat if needed.

*Source: MT Harvest of the Month and
Ennis School District*

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