

Picky-Eater Pita Pizza Pockets

Makes: 4 Servings

“Like many kids, Jacob is a very picky eater! Pizza is one of his favorite foods, but he’s well aware that the pizza we buy is generally not a nutritionally wise choice. Together we discussed ways to make a healthier version of pizza that he could enjoy for lunch,” says Karen Ann, Jacob’s mom. “We decided on using whole wheat pita pockets; a healthy, veggie-filled tomato sauce; chicken for protein; and mozzarella cheese. We would serve these pita pizza pockets with some fruit (his favorites are apples, bananas, and watermelon) to complete his plate for a healthy, well-rounded meal!”

Ingredients

- 2 tablespoons** olive oil
- 2** medium onions (chopped)
- 4 cloves** garlic
- 2 cans** whole tomatoes (about 28-ounces)
- 2** medium carrots (shredded)
- 1** red bell pepper (seeded and chopped)
- 1** medium zucchini (shredded)
- 1 teaspoon** dried oregano
- 1/4 cup** baby spinach leaves
- 2** cooked boneless, skinless chicken breasts (cut into cubes)
- 4** whole wheat pitas
- 1 cup** shredded part-skim mozzarella cheese

Directions

1. Preheat the oven to 350°F.



Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 512 | |
| Total Fat | 20 g | 31% |
| Protein | 54 g | |
| Carbohydrates | 53 g | 18% |
| Dietary Fiber | 9 g | 36% |
| Saturated Fat | 7 g | 35% |
| Sodium | 520 mg | 22% |

MyPlate Food Groups

| | |
|---------------|--------------|
| Vegetables | 2 cups |
| Grains | 2 ounces |
| Protein Foods | 1 1/2 ounces |
| Dairy | 3/4 cup |

2. In a medium saucepan over moderate heat, warm the oil. Add the onions and garlic and sauté until they begin to soften and caramelize, about 5 minutes.

3. Add the tomatoes, carrots, bell pepper, zucchini, and oregano, and simmer for 20 minutes. Add the spinach, stir to combine, and continue simmering to wilt the spinach, about 1 minute.

4. Remove the vegetables from the heat and let cool. Purée the vegetables with an immersion or regular blender, leaving the vegetables chunky, or simply leave the vegetables whole.

5. Open the pita pockets and place a quarter of the chicken cubes inside each one. Add a few tablespoons of sauce to each pita and sprinkle with mozzarella cheese.

6. Arrange the pita pizza pockets on a large baking sheet and bake until the cheese is melted, 8 to 10 minutes.

Notes

State: Michigan

Child's Name: Jacob Hirsch, 8

The Epicurious 2013 Healthy Lunchtime Challenge Cookbook