

Recipe Winter 2012

Pita Pizza

INGREDIENTS:

For The Garnish-

Fresh Basil, thinly sliced

For The Pizza

4 whole-wheat pita breads (each 7 1/2 inches)

1 yellow bell pepper, seeds and membranes removed,
cut into 1/8 inch thick strips

3 ounces mozzarella cheese, grated

For The Tomato Sauce

1/4 teaspoon olive oil

1 sml. yellow onion, peeled and chopped into 1/4 in. dice

2 cloves garlic, peeled and minced

1/2 teaspoon dried oregano

1/2 teaspoon dried basil

1/4 teaspoon crushed red-pepper flakes

1 bay leaf

One half 28-ounce can whole peeled tomatoes,
roughly chopped

1/4 cup tomato paste

DIRECTIONS:

Preheat oven to 350 degrees. Make the tomato sauce: Heat olive oil in a medium saucepan set over medium heat. Add the onion and garlic, cook, stirring frequently until browned, about 4 minutes. Add the dried oregano, basil crushed red pepper flakes, bay leaf, chopped tomatoes, and tomato paste. Bring mixture to a boil. Reduce heat to medium-low, and let simmer, stirring occasionally until liquid has evaporated and the sauce is thick, about 35 minutes.

Assemble the pizzas: Arrange pita breads on two baking sheets. Spread about 6 tablespoons tomato sauce on each. Scatter strips of yellow pepper on top, and then sprinkle with mozzarella cheese. Transfer the baking sheets to oven and bake until peppers begin to wilt and the mozzarella is melted, about 20 minutes. Remove the pizzas and transfer to a cutting board. Sprinkle with basil, and cut into 12 wedges. Serve warm or at room temperature.