



# Pesto and Chickpea Pita Pizzas

Prep: 5 minutes | Cook: 10 minutes | Total: 15 minutes

Yield: 2 serving | Serving Size: 1 pizza

## Ingredients

- 2 (6-inch) whole-wheat pita bread rounds
- 4 tablespoons (¼ cup) pesto, divided (store-bought or [homemade](#))
- ½ cup chopped bell pepper (about ½ medium bell pepper), divided
- ½ cup cooked or canned chickpeas (garbanzo beans), drained and rinsed, divided
- 4 tablespoons (¼ cup) shredded mozzarella cheese

## Directions

1. Preheat the oven to 400°F.
2. Line a baking sheet with parchment paper.
3. Place the pita bread rounds on the baking sheet and bake for 5 minutes
4. Remove from the oven and spread 2 tablespoons of the pesto on each pita round, leaving about a ½-inch area around the edges.
5. Top each pita round with ¼ cup of the bell pepper and ¼ cup of the chickpeas.
6. Sprinkle each pita round with 2 tablespoons of the mozzarella.
7. Place back in the oven and bake until the cheese has melted and the bell peppers are soft, about 9-11 minutes.
8. Serve warm.

## Recipe Notes

- You can make these pizzas in the microwave if you do not mind a softer crust. Simply add the toppings and microwave, one at a time, on high (default power) for 1-3 minutes.
- Another vegetable (e.g. mushrooms, onion, spinach) can be substituted for the bell peppers, if desired.

**Nutrition Facts Per Serving: Calories: 395 | Total Fat: 16 g | Saturated Fat: 3 g  
Sodium: 730mg | Total Carbohydrate: 53 g | Dietary Fiber: 8.5 g | Protein: 13.5 g**

For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



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