



Grilled Summer Vegetable Pita Pizza

Ingredients

1 1/2 cups Summer squash (about 2 medium sized)

Yellow and/or green

2 Vine ripe tomatoes

1 Red onion

3 (6 inch) round whole wheat pitas

1/4 cup Olive oil

1 cup Hummus

Black pepper and salt to taste

Preparation

Preheat Grill or grill pan.

Yield: Makes 3 Pita Pizzas (6 halves)

Slice summer squash in 1/4 inch rounds. Place in bowl and add 2 tablespoons olive oil. Peel and cut red onion in half. Then slice with the grain in 1/3-inch wedges. Repeat with second half. Place in bowl with 1 tablespoon olive oil. Cut tomatoes in half and slice in 4-6 half moon wedges. Repeat with second half. Place in bowl with 1 tablespoon olive oil.

Grill summer squash about 4 minutes on each side. Grill onions about 5 minutes, rotating once. Grill tomatoes about 5 minutes rotating once.

Warm pita on the grill about 3 minutes each side. Once warm, remove the pita from the heat and slather with about 1/3 cup hummus. Top with summer squash rounds, tomatoes and onions. Cut in half and enjoy as a light summer meal. Serve with a summer fresh fruit cup..

Nutrition Facts: 1/2 Pita provides 227 Calories, 25g. Carbohydrate, 6g. Protein, 13g. Fat, (8g. Monounsaturated Fat, 2g. Saturated Fat, 3g. Polyunsaturated Fat)