

# Pita Pizzas with Spinach Recipe

SPINACH  
to WIN it!

Adapted from [Foodlets](#)

## Helpful Equipment

- Oven or toaster oven
- Measuring cups and spoons
- Cooking brush
- Tin foil
- Baking sheet
- Bowl
- Oven mitts
- Spatula
- Microwave or hot plate and skillet (if cooking the spinach)



## Ingredients

- 6 whole-wheat mini pita pockets
- 3 tablespoons olive oil
- 1/4 cup frozen or 1 cup fresh spinach
- 1/2 cup mozzarella cheese
- salt & pepper
- 1/2 teaspoon garlic powder
- Any herbs you or your students like (optional)
- Any other seasonal veggies on hand (optional)

## Instructions Each student could prepare their own pita pizza!

1. First things first! Everyone should wash their hands with soap and water.
2. Preheat the broiler.
3. Have a couple of students measure and cook spinach in the microwave for everyone: Put spinach in a microwavable bowl, add a tablespoon of water and cook for about 1 minute. There shouldn't be any leftover water but if there is, carefully drain it off.
4. Each student should brush both sides of their pita with olive oil.
5. Arrange pitas on a baking sheet and broil for about 1 minute. Remove from oven.
6. Flip the pitas over, and have students sprinkle VERY lightly with salt & pepper.
7. Then they can add spinach and garlic powder (plus any other herbs or extra veggies they like), and top with cheese.
8. Broil again for about 2 minutes. Keep your eyes on them because they'll burn quickly!
9. Let cool for a few minutes and serve.

Consider including fresh herbs and other veggies like sliced bell peppers!



 **GEORGIA ORGANICS**

Recipe

🕒 10 min.

[farmtoschool.georgiaorganics.org](http://farmtoschool.georgiaorganics.org)

#SpinachToWinIt