



# Spinach and Feta Pita Bake

Shine 365  
Marshfield Clinic

**PREP TIME:** 10 minutes • **BAKE TIME:** 12 minutes • **SERVINGS:** 6

## INGREDIENTS

- 6 whole wheat pita breads
- 6 ounce tub sun-dried tomato pesto
- 1 bunch spinach
- 3 tomatoes
- 1 red onion
- 4 mushrooms
- 1/2 cup feta cheese
- 1/2 cup parmesan cheese
- 3 tablespoons olive oil
- ground black pepper

## INSTRUCTIONS

Preheat the oven to 350 degrees.

Spread tomato pesto onto one side of each pita bread and place them pestoside up on a baking sheet. Top pitas with tomatoes, spinach, mushrooms, feta cheese, and Parmesan cheese; drizzle with olive oil and season with pepper.

Bake in the preheated oven until pita breads are crisp, about 12 minutes. Cut pitas into quarters.

## NUTRITION INFORMATION

Each serving contains 350 calories; 17.1 g fat; 11.6 g protein; 587 mg sodium; 41.6 g carbohydrates;

Source: Allrecipes.com