



# Your Commissary... It's Worth the Trip!

THINKING OUTSIDE THE BOX

## BBQ Chicken Pita Pizza

Americans spend about 42 percent of their food budget eating meals away from home. Studies show that eating only one meal away from home a week may cause 2 pound weight gain per year. Restaurant meals, both fast food and otherwise, are typically high in calories, sugars, fats and sodium and low in important nutrients, which are found in fruits, vegetables and whole grains. Even the healthier, low-cal options can contain a very high level of sugars and fats.

A great habit that helps with meeting your health, weight, and wellness goals is to increase the number of meals prepared at home. You are able to control the ingredients, cooking method, and portion size. When you prepare meals at home, be sure the meals always include nutrient powerhouses like vegetables and/or fruits and choose whole grain products most of the time.

With a little planning, home prepared meals are not only beneficial to your health and waistline, but also to your wallet. Aim to decrease the number of times that you eat meals prepared away from home by 1/3 and then 1/2. Remember, small changes over time, can reap great rewards.

If you have kids, be sure to include them in menu planning and meal preparation. Depending on their ages, they can assist with a wide range of tasks, such as assembling lunches for the next day or washing fruits and vegetables. Research shows that children who help with cooking and meal preparation are more likely to consume fruits and vegetables, and they are more aware of the importance of making healthier food choices. So make it a family affair and make meals and memories together.

The individual BBQ Chicken Pita Pizza in this meal features a lean protein food, good calcium source, and a whole grain food. Make it an "all hands" meal and have each family member prepare his/her own individual pizza.



### Directions: Serves 4

1. While the oven is preheating to 375 degrees, thinly slice 1/2 of a medium sized red onion and lightly brush one side each pita with oil (preferably olive oil).
2. Place each pita, oiled side down, on a baking sheet and then spread 2 tablespoons of BBQ sauce on each pita, being sure to leave a little "crust" around the outer edge.
3. Divide 12 oz. of the chicken (1 1/2 packages) into 4 parts, and then top each pita with one part, and then top each with 1/4th of the package of the cheese.
4. Top the pizza with desired amount of red onion slices (consider omitting for kids' pizzas) and then put in oven (middle rack) and bake until cheese is melted (about 10-12 minutes).

5. While the pizza is cooking, microwave frozen vegetables (1 1/2 bags) in a covered dish with three tablespoons of water for 6-8 minutes.

6. Serve 1 pizza and 1/4th of the cooked vegetables for each plate.

### Notes:

- The extra chicken, broccoli/cauliflower and onion can be used to make wraps for lunches.
- Serve frozen fruit like banana slices and grapes topped with vanilla yogurt as a dessert with this meal.

DISCLAIMER: You may use any like products of any brand in making this healthy choice meal. The pictures here are not an endorsement of these products.