

# Teaspoon Communications

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## Fig and Ricotta Pita Pizza



Served as an appetizer or a main meal for one, this unique pizza showcases the pure taste of fresh figs with the simplest of ingredients. You can double the recipe ingredients and use a pre-cooked pizza shell for a quick and light family meal.

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Photography: Todd Trice, [www.toddrice.com](http://www.toddrice.com)

### Ingredients

- 1 whole wheat pita bread (7-inch diameter)
- 1/4 cup fresh ricotta cheese
- 3 fresh figs (like Calimyrna), sliced into eighths
- 1 teaspoon fresh rosemary, chopped (about 1 small sprig)
- 1 teaspoon extra-virgin olive oil
- 1 teaspoon honey
- Pinch of salt

### Directions

Preheat oven to 450 degrees F.

Place pita bread on a cookie sheet. Spread ricotta cheese over pita. Layer figs over ricotta. Sprinkle rosemary on top. Drizzle with olive oil and honey. Top with salt.

Bake for 7 - 9 minutes or until edge of pita turns golden brown.

Makes 1 serving : Each recipe serving equals 1 serving of fruit

Nutrition analysis per serving: Calories 428, Protein 12g, Fat 11g, Calories from Fat 24%, Cholesterol 19mg, Carbohydrates 70g, Fiber 9g, Calcium 232 mg, Iron 3mg.