



TORTILLA PIZZA

There's never a wrong time for pizza. Ordering out from your favorite pizza place is great, but most of the time the pizza is high in calories, sodium, carbohydrates, and fat. Try making your own at home; they're fun to make, and you can customize this recipe to include some of your favorite veggie or protein toppings.

Yield: 1 pizza

Serving size: ½ tortilla pizza

Ingredients:

- 1, 8-inch soft **flour tortilla**
- 1 teaspoon **olive oil**
- 1 pinch **garlic powder**
- **salt** and **ground black pepper**, to taste
- 3 tablespoons **tomato sauce**
- 2 oz of **protein** (like turkey pepperoni, shredded chicken, or cooked sausage)
- ½ green **bell pepper**, chopped
- 2 green **onions**, finely chopped
- ¼ cup shredded **mozzarella cheese**
- 1 pinch **dried oregano**

Instructions:

1. Preheat oven to 400° F.
2. Place tortilla on a baking sheet. Brush with olive oil, then sprinkle garlic powder, salt, and pepper.
3. Bake in the preheated oven until golden, 3 to 5 minutes. Remove tortilla from the oven and spread tomato sauce on top. Arrange your choice of protein, green bell pepper, and green onions over tomato sauce. Then cover pizza toppings with mozzarella cheese.
4. Bake in the preheated oven until cheese is melted, about 5 minutes. Sprinkle oregano over cheese. Slice pizza into wedges using a pizza cutter. Serve warm.

Per Serving: Calories 202, Protein 19.6g, Saturated Fat 0.6g, Sodium 373.6mg, Fiber 4.7g, Sugars 2.7g

This recipe was adapted from <https://www.allrecipes.com/recipe/258013/easy-tortilla-pizza/>

