

Tortilla Veggie Pizza – 2 servings

Ingredients:

2 Whole-wheat Tortillas
1 cup Fat Free Shredded Mozzarella Cheese ½ Zucchini (sliced)
½ cup Ragu Tomato Sauce ½ Squash (sliced)
2.25 oz Black Olives (sliced) ¼ Onion (chopped)
6.5 oz Mushrooms (sliced) 1 tsp. Your Favorite Seasoning
1.5 cups Spinach (fresh)
10 oz Cherry Tomatoes (freshly sliced)



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Something Special:

This pizza is a healthier option to the normal pizza recipe. Because we use fresh vegetables and whole-wheat tortillas, many nutrients can be found in this dish. Flavor and taste to your own heart's desire! You can add or subtract any of the ingredients to your pizza. For a little spice, add crushed red pepper flakes! Remember to always make your pizza with love!

Nutrient Analysis:

Recipe: 915g, 839.6 Calories , 59.44g Pro, 123.5g Cho, 16.8g Fat, 3586.4mg Na
Per Serving: 457.5g, 419.8 Calories, 29.72gPro, 61.75g Cho, 8.4g Fat, 1793.2mg Na

Method:

Preheat the oven to 350° F. Place two tortillas on baking sheet. Add the tomato sauce to the tortillas followed by the zucchini and squash. Add onion, mushrooms, and olives. Add tomatoes and spinach. Finally, add cheese and spices last. Distribute all ingredients equally between the two tortillas. Place in the oven and bake until crisp. Season to taste.

