



# Tortilla Pizza

Servings per recipe: 4  
Serving size: 1 tortilla pizza

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## Ingredients

- 4 6-inch flour tortillas
- 1 cup** sliced mushrooms (optional)
- ½ red onion (thinly sliced, about **½ cup**)
- 1 small green, red, or yellow bell pepper (thinly sliced, about **1 cup**)
- 2 teaspoons** minced garlic
- 1 teaspoon** vegetable oil
- ½ **cup** tomato sauce
- 2 tablespoons** grated parmesan cheese
- ½ **cup** shredded mozzarella cheese

## Tools

- 2 baking sheets
- 1 wooden spoon or other stirring implement
- 1 knife
- 1 large skillet
- 1 set of measuring spoons
- 1 set of measuring cups
- 1 spatula

## Directions

*Wash hands and make sure utensils and countertops are clean.*

1. Assemble ingredients and pre-heat oven to 400°F.
2. Place tortillas on two large baking sheets. Cook for 5 minutes and flip. Cook for 5 more minutes. Put to the side.
3. While tortillas are cooking, slice vegetables.
4. Heat oil in large skillet over medium heat. Add vegetables and cook until soft and tender, about 10 minutes. Set aside.
5. Spread 2 tablespoons of tomato sauce and a bit of the vegetable mixture onto each tortilla crust.
6. Spread 2 tablespoons mozzarella cheese and ½ teaspoon of Parmesan cheese onto each tortilla crust.
7. Transfer pizzas to baking sheet. Cook in oven until cheese is melted and edges of tortillas are golden brown, about 10 minutes.

*Share and enjoy!*



### Nutritional Analysis (per serving)

Calories: 142.5 kcal  
Fat: 6.5 g  
Saturated  
Monounsaturated  
Carbohydrates: 12.9 g  
Fiber: 1.4 g  
Sugar: 3.5 g  
Protein: 9.3 g

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