

Quick Pizza

4 low carbohydrate flour tortillas
1 small can tomato sauce
1/2 c. sliced fresh mushrooms
Turkey pepperoni
8 oz. part skim milk mozzarella cheese
Italian seasoning
Vegetable cooking spray

Preheat oven to 350 degrees. Lightly coat baking sheet with vegetable cooking spray. Place tortillas on cooking sheet and spread approximately 1½ tablespoons tomato sauce on each tortilla and sprinkle seasonings on top of the sauce. Top with about 10-14 turkey pepperoni, mushrooms, and 1 oz. mozzarella cheese.

Bake for 10 to 12 minutes or until the cheese is completely melted.

Other great topping: Try changing things by adding bell peppers, 2 tbsp. olives, sliced tomatoes and onions.

Serving size is 1 pizza. Serve with a garden salad with 1/2 cup fresh raw vegetable, like shredded carrots, broccoli crowns, sliced cucumbers, and 2 tbsp. low calorie dressing.

You can make a single serving at a time, or 4 – 6 servings. This is a very fast and easy recipe.

Starch	Fruit	Milk	Veg	Meat	Fat
1	0	0	1	2	1