



# SKINNY PIZZAS

Next time they ask for pizza, you can feel good about saying “yes!” Flour tortillas make for a crispy crust, perfect for loading with low-sodium tomato sauce, low-fat cheese and lots of fresh veggies.

**Preparation time:** 30 minutes

**Serves:** 4

## INGREDIENTS:

- 4 6” flour tortillas
- ½ tsp extra virgin olive oil
- 2 cups sliced mushrooms (white button or baby Portobello)
- 1 green bell pepper, thinly sliced (about 1 cup)
- 1 red onion, thinly sliced (about 1 cup)
- 2 tsp minced garlic
- ½ cup low-sodium tomato sauce
- ½ cup shredded fat-free mozzarella cheese
- 2 tsp grated reduced-fat parmesan cheese

## DIRECTIONS:

1. Heat oven to 400 °F. Place tortillas on 2 large baking sheets. Cook, flipping once, until crisp, about 10 minutes; set aside.
2. Meanwhile, heat oil in large skillet over medium heat. Add mushrooms, peppers, onions and garlic. Cook until vegetables are soft and tender, about 10 minutes; set aside.
3. Spread tortilla crust with 2 tbsp tomato sauce, ¼ cup vegetable mixture, 2 tbsp mozzarella cheese and ½ tsp parmesan cheese; repeat with remaining crusts and toppings ingredients.
4. Transfer pizzas to same baking sheets. Cook until cheese is melted and edges of tortillas are golden brown, about 10 minutes.

## MyPlate Tip:

Personalized pizzas. Set up a pizza-making station in the kitchen. Use low-fat cheese, and cut-up vegetables or fruits for toppings. Let kids choose their own favorites. Then pop the pizzas into the oven to cook.

## Serving Suggestions:

Serve with Avocado and Grapefruit Salad for a surprisingly refreshing meal.

\* This is an adapted Goya recipe. Find original recipes in the cookbook *The Best of La Cocina Goya: Healthy, Tasty, Affordable Latin Cooking*. Photo credit: Goya.



Food Group Amounts	
	½ cup
	--
	1 cup
	1 oz
	--

## Nutrition Facts

Serving Size (194g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 180</b>	<b>Calories from Fat 20</b>
% Daily Value*	
<b>Total Fat 2.5g</b>	<b>4%</b>
<b>Saturated Fat 0.5g</b>	<b>3%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 470mg</b>	<b>20%</b>
<b>Total Carbohydrate 33g</b>	<b>11%</b>
<b>Dietary Fiber 2g</b>	<b>8%</b>
<b>Sugars 11g</b>	
<b>Protein 8g</b>	
<b>Vitamin A 4%</b>	<b>Vitamin C 8%</b>
<b>Calcium 15%</b>	<b>Iron 8%</b>
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



United States  
Department of  
Agriculture

