



## Tortilla Pizza

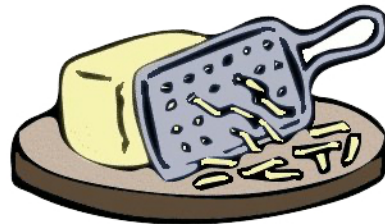
A Healthy Recipe by the New Jersey Self-Advocacy Project

For the recorded video please go to: <https://www.arcnj.org/programs/njsap/webinars.html>



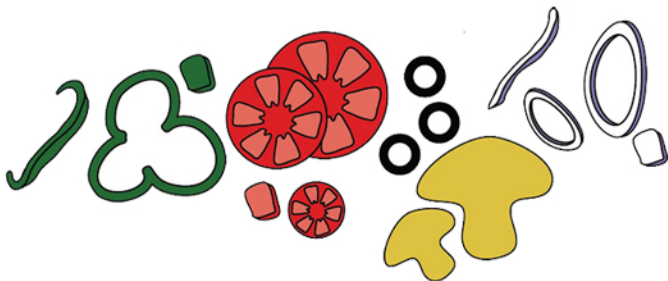
### Ingredients:

- 1 whole wheat wrap
- 1/4 cup of tomato sauce
- 1/3+ cup shredded mozzarella cheese



### OPTIONAL SUPPLIES:

- Diced Healthy Toppings (examples include: sliced peppers, squash, olives, onion, pineapple, tomatoes, sliced mushrooms, basil)
- Spice toppings (garlic powder, oregano, red pepper,



### Instructions:

1. Preheat the oven to 425F
2. Prep tortillas on a flat surface.
3. Spoon tomato sauce (about 1/4 cup) on tortilla, leaving a little space on the edges as a crust.
4. Sprinkle shredded mozzarella on top of the tomato sauce (at least 1/3 cup), or place slices of fresh mozzarella on top of the sauce.
5. Add other desired toppings.
6. Place tortilla on center rack of preheated oven. Bake for 7-10 minutes, then take out of the oven.
7. Allow the pizza to cool for 2-3 minutes before you cut it up and serve.

### TOASTER OVEN OPTION:

Bake the pizza directly on the rack of your toaster oven at 400 degrees for 8 to 11 minutes.