



Vegetable Tortilla Pizzas

Prep: 10 minutes | Cook: 15 minutes | Total: 25 minutes

Yield: 4 servings | Serving Size: 1 tortilla pizza

Ingredients

- 1 teaspoon olive oil
- 1 medium bell pepper, diced (about 1 cup)
- 1 medium onion, diced (about 1 cup)
- 8 ounces fresh mushrooms, sliced (about 2½ cups)
- Nonstick cooking spray
- 1 (8-ounce) can no-salt-added tomato sauce
- ½ teaspoon garlic powder
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 4 (8-inch) whole-wheat tortillas
- 1 (8-ounce) bag shredded part-skim mozzarella cheese (about 2 cups)

Directions

1. Preheat the oven to 350°F.
2. Heat a medium skillet over medium-high heat.
3. Add the oil and heat until shimmering.
4. Add the bell pepper, onion, and mushrooms. Sauté until tender, about 4-5 minutes.
5. Spray two baking sheets lightly with nonstick cooking spray and place 2 of the tortillas on each baking sheet.
6. In a small bowl, stir together the tomato sauce, garlic powder, basil, and oregano.
7. Divide the tomato sauce mixture over the tortillas, spreading evenly to cover each tortilla, leaving a ½- to 1-inch border without sauce around the edge.
8. Divide the cheese and sprinkle evenly over the tortillas.
9. Top each tortilla with a quarter of the vegetable mixture.
10. Bake until the cheese is melted and the tortillas are lightly browned, about 8-10 minutes. Serve warm.

Recipe Notes

- Try using other vegetables (or fruit) as pizza toppings. Some ideas are zucchini, eggplant, pineapple, or broccoli.
- Substitute 2 teaspoons Italian seasoning for the dried basil and oregano if desired.

**Nutrition Facts Per Serving: Calories: 310 | Total Fat: 18 g | Saturated Fat: 6 g
Sodium: 365 mg | Total Carbohydrate: 22 g | Dietary Fiber: 10 g | Protein: 25 g**

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