



Home-Made Pizza

Ingredients:

1 large whole wheat soft tortilla

¼ cup low-sodium tomato sauce

10 shrimp, cooked

1 sliced chicken breast, pre-cooked

2 cups diced vegetables of your choice (peppers, onions, mushrooms, tomatoes, spinach)

2 oz. shredded low-fat mozzarella cheese

Directions:

Smear the tomato sauce over the soft tortilla and then top with meat and veggies.

Sprinkle over the cheese and then place in the oven at 350 degrees F for 5-10 minutes or until the tortilla looks crispy.

Turn to broil for 1 minute or until cheese is melted and then serve.

Nutrition information (makes 4 servings): 115 calories, 6.5 grams of carbs, 2.5 grams of fat, 15 grams of protein