



Tuna Pizza

- 1 small whole wheat soft tortilla
- 2 tbsp pizza sauce
- 1 can of tuna
- Sliced mushrooms, onions, red peppers
- Sprinkling of low-fat, grated mozzarella cheese
- Spices to taste: salt, black pepper, oregano, basil, fresh garlic or garlic powder

Smear the pizza sauce over the soft tortilla and then spread the tuna evenly over top. Next, add the sliced vegetables over the pizza, throw on the spices you like, and then sprinkle the cheese on top.

Place in the oven at 350 degrees Fahrenheit and bake for about 6-8 minutes, or until the cheese has melted and the tortilla looks crispy.