



Pizza-dilla

YIELDS: 5 servings

PREP TIME: 10 minutes

Ingredients

- 5 large whole wheat tortillas
- 75 mL (5 tbsp) pizza sauce
- 300 mL (1 ¼ cup) shredded mozzarella
- 150 mL (1 cup) green peppers or vegetable of choice (chopped)
- Non-stick cooking spray



Figure 1. Pizza-dilla

EQUIPMENT: small spoon | cheese grater | 2 knives | cutting board | knife | flipper | electric skillet | set of dry measuring cups | large plate for serving | small plates for sampling | pizza cutter

Directions

1. Wash and chop green pepper or vegetables of choice.
2. Lay tortillas on counter. With a spoon, spread half of each tortilla with 15 mL (1 tbsp) pizza sauce, 50 mL (¼ cup) cheese and 30 mL (2 tbsp) of vegetables. Fold uncovered half over filling.
3. Lightly spray pan with cooking spray.
4. Heat electric skillet to medium heat.
5. Place tortilla on hot pan for about 2 minutes per side or until sides are lightly browned and cheese is slightly melted.
6. Cut tortillas in quarters and serve.

CHEF'S TIP: Use vegetables that are in season to make these healthy and affordable.