

Tina & Rick's Pizza

Ingredients:

1 Wrap: Latortilla Factory – Softwraps, Mini, Fiesta
¼ cup No Salt Added Tomato Sauce
4 oz. Grilled Chicken Breast (shredded or diced)
2 slices Tomato – chopped
½ cup Red Bell Pepper – chopped
3 oz. Fresh Spinach
1 tsp. Mrs. Dash – Extra Spicy
2 TBSP. Low Fat Mozzarella Cheese - shredded

Directions:

1. Pre-cook tortilla in a preheated oven at 425 degrees for 5 minutes.
2. Add the tomato sauce to the pre-cooked tortilla.
3. Layer the remaining ingredients onto the tortilla.
4. Bake assembled pizza for 10-12 minutes; depending on how crispy you prefer the crust.

Makes one pizza

Nutrition Info: (1 pizza)

Calories: 248

Protein: 29 grams

Carbohydrate: 26 grams

Fat: 5 grams