

Eat Well



## SPEEDY FLATBREAD PIZZA

Change up pizza night by using whole grain tortillas. Tortillas bake up nice and crispy, and are sure to become a favourite. Add a green salad or crunchy vegetable sticks to round out this colourful meal.

Prep Time **5** min

Cook Time **8** min

Makes 4 Servings

- 4 small whole wheat flour tortillas
- 60 mL (1/4 cup) pasta sauce
- 5 mL (1 tsp) Italian herb seasoning
- 1 clove garlic, minced
- 1 small red bell pepper, chopped
- 175 mL (3/4 cup) chopped fresh mushrooms
- 60 mL (1/4 cup) chopped lean ham or roast turkey
- 250 mL (1 cup) shredded part skim mozzarella
- 30 mL (2 tbsp) chopped fresh parsley, optional

**1.** Place tortillas on large baking sheet in a single layer; set aside.

**2.** In a small bowl, stir together pasta sauce, herb seasoning and garlic. Spread evenly among tortillas. Sprinkle each with red pepper, mushrooms and ham. Top with mozzarella.

**3.** Bake in preheated 200°C (400°F) oven for about 8 minutes or until cheese is melted. Sprinkle with parsley before serving, if using.

### NUTRIENTS PER SERVING % DV

|                   |        |      |
|-------------------|--------|------|
| Calories          | 221    | -    |
| Fat               | 9 g    | 13 % |
| Saturated + Trans | 4 g    | 21 % |
| Cholesterol       | 25 mg  | -    |
| Sodium            | 539 mg | 22 % |
| Carbohydrate      | 21 g   | 7 %  |
| Fibre             | 2 g    | 8 %  |
| Sugars            | 4 g    | -    |
| Protein           | 14 g   | -    |
| Vitamin A         | -      | 14 % |
| Vitamin C         | -      | 55 % |
| Calcium           | -      | 22 % |
| Iron              | -      | 11 % |

### TIPS

- Little chefs love making their own pizza. Chances are, because they've made it, they'll eat it.
- Brainstorm ideas for toppings. Zucchini, corn, pineapple, the sky's the limit.
- Make extra pizza to have for lunch the next day.
- Slash your sodium by using lower sodium ham. Want to make this recipe vegetarian? Just leave out the ham.

Recipe developed by Emily Richards, P.H. Ec. for Health Canada and the Heart and Stroke Foundation.