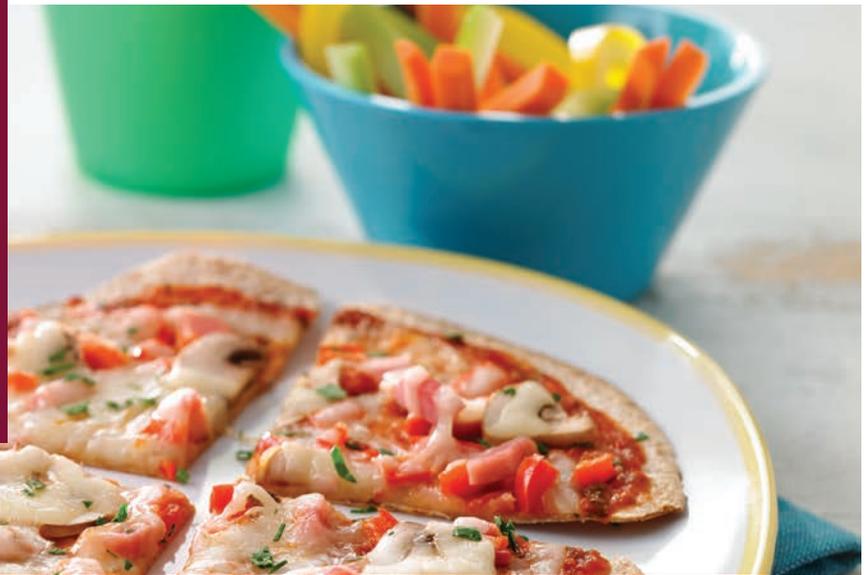


Fun flatbread pizza

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 vegetables sticks to round out this colourful meal.



30 mins or less



Kid-friendly



PREP TIME
5 min



COOK TIME
8 min



SERVINGS
4

Ingredients

- 4 small whole grain flour tortillas
- 60 mL (1/4 cup) pasta sauce
- 5 mL (1 tsp) Italian 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 roast turkey
- 250 mL (1 cup) shredded part skim mozzarella
- 30 mL (2 tbsp) chopped fresh parsley, optional

Directions

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 turkey. 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.

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.
- ✓ Want to make this recipe **vegetarian**? Just leave out the turkey.
- ✓ Try using less of the ingredients that are high in added sodium, sugars or saturated fat. Adding salt or sugars directly to your recipe? Remember, a little often goes a long way.

Recipe developed by Emily Richards, P.H. EC for the Heart and Stroke Foundation.
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