

# Pizza-dillas

## Ingredients

YIELDS: 5 servings    PREPTIME: 10 minutes

- 5 large whole wheat tortillas
- 5 tbsp. pizza sauce
- 1 1/4 cup (300 mL) shredded mozzarella
- 1 cup (150 mL) green peppers or vegetable of choice (chopped)
- Non-stick cooking spray



EQUIPMENT: small spoon / cheese grater / 2 knives / cutting board / knife / flipper / electric skillet / set of dry measuring cups / large plate for serving /

## 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 1 tbsp. pizza sauce, 1/4 cup cheese and 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.*

*Let's Get Cookin'!*

