

Snack Pizza

1 tablespoon part-skim mozzarella cheese
1 6-inch flour tortilla
1 tablespoon no added salt tomato sauce
 $\frac{1}{4}$ teaspoon dried oregano or Italian
blended seasoning

Makes 1 portions

Per portion

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|----------------|----------------|
| Calories: | 127 |
| Carbohydrate: | 19 grams |
| Protein: | 5 grams |
| Fat: | 3 grams |
| Saturated fat: | 1 gram |
| Cholesterol: | 4 milligrams |
| Sodium: | 189 milligrams |
| Dietary fiber: | 1 gram |

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1. Preheat oven to 500°.
 2. Grate cheese.
 3. Spread tomato sauce to edges of tortilla. Sprinkle with oregano. Top with cheese.
 4. Place on baking sheet and bake about 4 minutes or until tortilla is crisp and cheese is bubbly.

Consider adding your favorite fresh vegetables such as grated carrots, broccoli, or chopped green peppers on top of pizza before sprinkling seasoning and cheese.